

A Friendly Reminder – People Always get “Sick” During the Winter

JB bartoll.se/2021/12/winter-illness-explained

December 4, 2021



There are several reasons for people getting “sick” (experience symptoms) during late autumn, the winter (around New Year) and in the spring.

1. We have natural detox cycles that is triggered by drastic changes in temperatures, as in changing of the seasons. If you have a toxic load, you will detox when the temperature drops in late autumn and/or when the temperature rises in the spring. This ‘cleansing cycle’ can also be triggered when other people around you start theirs. We see this in nature with all living beings.
2. We get sick from malnutrition, nutrition deficiencies, and from toxins and chemicals within man-made food, as described in (1) above.
3. As proved by German New Medicine, most symptoms are from mental traumas, mental conflicts, from psychological and emotional stress, and from stressful and negative emotions such as fear or anger. Some experience symptoms when this is triggered or after a while when tissues are building up, being strengthened, to resist the believed threat. In other cases, some experience symptoms when the conflict has been resolved, the healing begins, and the tissue is restored to normal. The latter happens a lot during the winter around

Christmas and New Year's Eve as people have a break from work or school, get together and relax. Separation conflicts and such are temporarily resolved, the repair process begins and different symptoms arise.

4. A combination of any of the above. This is especially true during Christmas and the days leading to the new year celebrations – and similar holidays. Emotional conflicts and stress induced emotions are temporarily solved. Most people consume a lot of sugar, crappy foods with vegetable/seed oils and the like, and they also stay up late, increasing stress and their toxic load.

And this is why many get “sick” during or the weeks after the holidays. It has nothing to do with the fraudulent and debunked germ theory with imaginary germs and viruses. All that is complete nonsense.

People have always experienced symptoms, or “disease”, at these times since the modern society was formed and we strived away from living with nature and started poisoning ourself with unnatural food, pollution, chemicals and feeding ourself with plant-based garbage void of nutrition. Not to mention the stress, the fear, and feelings of hopelessness in today's world. More and more will get sick because of this and it has nothing to do with imaginary viruses or new “variants”, as such silly things do not exist.

Animal-Based/Carnivore Diet and Fat Loss Online Coaching

JB bartoll.se/2024/05/coaching-reminder

May 7, 2024

This is simply a quick and friendly reminder of my online coaching services, as my workload is once again somewhat low. In other words, now is the perfect time to contact me and change your life forever.

Please note that I've added a "simple carnivore package" for those with adequate knowledge of our natural diet and are only looking to transition into our natural carnivorous way of eating (and not in need of a complete educational guide.)

It's only by adopting our natural human carnivorous diet that you will ever feel like a real human being, feeling really alive — something very few has ever experienced! As in getting rid of that brain fog you did not even know you had, increasing your mental clarity and cognition, increasing your energy levels — simply getting a whole new life. Most people fear death; you should fear having lived without ever have felt really alive!

— Joachim Bartoll, 2019

Important facts — these are not some simple bare-boned programs or a daily meal plan to follow, as you would get from most other online coaches. The "simple package" explains the 'diet' and the personalized transition, and how to continue. The *Educational Guides*, however, are much deeper and fully individualized programs filled with everything you need to know and understand about diet and health to achieve your goals, spanning more than 65 pages in total. They also teach you everything you need to know to continue and flourish on your own — no need for continuous costly coaching over several months. This is a one-time package with full online support through the transitioning phase.

In your own personalized guide — the Educational Package — I will teach you how to eat within your current lifestyle, how to progress, and how to tackle most 'health problems' and other 'obstacles' or 'worries' that might arise along the way (or that you are already struggling with.) I will also teach you about food and preparation, as well as healthy habits and lifestyle changes that really make a difference. And all that is in one package. No recurring payments, no long-winded coaching for months on end. No directives without explanations. It's a one-deal package with full support through your transition period — more than enough to get you settled and on your way. And if you need additional help or coaching, my simple and cheap consulting services are available whenever you need them, ten times more affordable than any regular 'coaching' plan.

For more of what these guides contain and how the coaching works, [please check my coaching page below](https://bartoll.se/online-coaching-and-education-animal-based-nutrition/), and spread the word to those who needs it. <https://bartoll.se/online-coaching-and-education-animal-based-nutrition/>

Online-Coaching and Consulting Services

Personalized Animal-Based and Fat Loss Coaching Guides



EGGS: WHAT'S GOOD, WHAT'S BAD, AND WHAT'S DELICIOUS

Is America's favorite breakfast food good or bad? One nutritionist gives his take.

By **SJ McShane**



Sometimes it can be confusing determining which nutrition experts you can trust. When it comes to eggs, one study finds them good for you, and then next one calls them dangerous. So which ones are right.

The Muscle and Fitness websites are not exactly known for their quality content, pretty much the opposite in fact. So, it came as a big surprise that they actually published a decent article on eggs where the author, SJ McShane, got most things right.

In all honesty, it should be simple and logical. An egg contains everything needed to create a life, a chicken. In other words, it contains all the nutrition needed to produce and sustain life. And without too much stretch of the imagination, such a nutritious thing should be very good and healthy to consume. It's the same simple logic with anything from an animal. All nutrition needed to sustain life is stored in the cells (as in meat and fat) and the organs.

Still, there are morons and evil people out there with agendas that try to vilify anything that is natural and optimal for you, hence the hate on eggs and especially the vital and essential cholesterol.

Keep in mind that if people actually consumed our species appropriate, species-specific diet of the flesh and fat of animals, not one single person would have any nutrition deficiency. And the entire food industry of toxic plant-based and carbohydrate filled slave garbage relies on people being hungry and having cravings, believing they need to eat several meals a day and snack in between. Again, hunger and cravings are symptoms of being nutrient deficient. If your diet is species-appropriate, you will never get hungry and you will rarely have any kind of cravings or even thoughts about food. Not to mention that almost every common modern disease and ailment is the result of elevated blood sugar and insulin levels from consuming too much carbohydrates or eating too frequently. However, that's another article and something I cover in length with my nutrition programs and clients.

Cholesterol 101

So, let's get back to the subject of cholesterol, as an average sized egg contains about 212 mg of sweet cholesterol, which is a lot compared to most other foodstuffs. Now, as the author of this article explains, your liver produces cholesterol every day. The amount of cholesterol produced depends on how much you eat, making dietary sources of cholesterol to have minimal effects on body cholesterol. So, if you get a lot of cholesterol from food, your liver will produce less. If you don't eat foods with cholesterol, your liver produces more of it. On top of that, studies show that eating dietary cholesterol has no link to heart attacks or strokes.

While this is true, your body can only produce so much, and it can quickly run out of building blocks if your diet is lacking, as seen in vegetarians and especially vegans or fruitarians who literally destroys their hormone production and bodies with their extremely retarded and dangerous diet. I've helped more than 60 ex-vegans to recover, and their stories are horrific and extremely sad. Some are scarred for life with the damage they have done. However, if you do get some meat and animal produce on a weekly basis, your body should be able to keep up and produce enough cholesterol to keep you somewhat healthy.

Now, the author does misstep a bit when she says, *“While too much of one thing can be bad, staying away from eggs completely due to fear of your cholesterol rising, especially when you practice clean eating, will have you missing out on some of the best nutrients on the planet.”* Then she goes on and quote Jacob Klessens with the following, *“He explains that “If you are someone who is watching their cholesterol, you will want to limit your cholesterol intake, which can be done through eating fewer eggs or eliminating other animal products that are high in saturated fats.”*

Although they are correct that cholesterol is totally harmless and actually essential, this statement is completely wrong.

While the research in this field is slowly correcting itself, the important thing to understand about cholesterol levels is that our body regulates it perfectly depending on our situation. Cholesterol is needed by all our cells, as our cells are made out of cholesterol. It's also needed for hormone production. So, if your cholesterol levels are 'high' according to some sort of average measurement, it is because it is needed. Most likely because you have done damage to your arteries and blood vessels and your body is trying to repair the damage, hence the extra cholesterol. Trying to lower cholesterol is the most idiotic thing you can do, as that removes your body's ability to heal itself, not to mention that you will starve your cells, short-circuit your hormone production, and starve your brain. Your cognitive abilities, and especially your memory is very dependent on cholesterol, and low cholesterol will cause memory problems and eventually lead to Alzheimer's. So, any “doctors” putting people on statins or any kind of cholesterol lowering drug are literally killing their patient's life quality and setting them up for Alzheimer's and an early death. These charlatans should be behind bars for life.

With that being said, the author is correct about eggs containing the best nutrients, just like organ meats.

The nutrition within the egg

SJ McShane mentions the very high protein quality, only surpassed by whey protein. She covers the high concentrations of vitamins such as the very important B1, B6, and B12 (often depleted in people who consume useless carbohydrates.) She covers selenium for thyroid support, and explains why the yolk is so extremely nutritious.

How many eggs can you consume?

She also touches on the number of eggs “safe” to consume, and while she recommends two whole eggs a day, I would say that there's no limit. I know people who have been consuming more than 20 eggs a day for more than 30 years. I personally consume 6 to 10 eggs a day year-round, and 20 to 30 a day when training really intense (weight lifting) for hormonal support and the protein.

What you need to understand is, that if the food is natural, as in a part of an animal or produced by an animal, the nutrients within that food is identical to the nutrients found and stored in our bodies, and thus, our bodies takes what it needs, store what it can, and discard the rest.

You cannot get “poisoned” from natural sources of nutrition. You can only get poisoned by man-made foods that have been altered from their natural state, as in all processed foods and especially man-made “vitamins” or “minerals” that are used to “fortify” slave-foods or used as supplements. These are dangerous! Natural occurring nutrients found in animal-based foods are not. You can consume as much as you like. Your body will decide what it needs, what it can store for later, or what it will discard through your feces. Simple and logical.

What eggs to buy and egg storage

Finally, she goes through some “egg hacks” to tell if an egg has gone bad. However, that should not really be a concern unless it smells really foul. Old eggs are just as good to consume. Nothing to worry about. Then she actually recommends to purchase eggs from a local farmer or meat market, and that you should go for pastured raised or certified organic. Very good! Conventional supermarket eggs come from birds that are fed feed crap that contains GMO soy, corn, and pesticides. These birds’ living conditions are also unknown. In other words, these eggs should be avoided or only consumed at a last resort.

Also, she mentions that once eggs have been washed, they need to be refrigerated as the protective coating on the shell has been compromised. Unwashed eggs can be stored in room temperature on the counter.

So, all in all a good article, even if she missed the function of cholesterol in our bodies and how it is regulated. This is often one of the missing parts of the puzzle, but researchers are slowly catching up.

Carnivore and Fat Loss — March Coaching and Education Spots Opening Up!

JB bartoll.se/2023/02/coaching-feb-march-2023

February 24, 2023



Since I started up my coaching and educational program once again in early February, I've been working on programs and guides several hours daily to keep up with the demand. At one point the queue was 14-days. Now however, as I only have one client in queue, new spots are opening up for late February and early March. Note that the coaching information page will be updated regularly with an estimated queue time. With that said, as you apply, you are put in queue and when payment arrive, that spot is secured, so if you really want to learn this way of eating and the key to superior health and longevity, do not hesitate to apply right away.

And keep in mind that these are not mere programs or meal plans to follow. These are personalized guides packed with information tailored to your specific situation, teaching you how to adopt and flourish on your own – backed with four weeks of full support.

Note that my consulting services are currently running without any noticeable backlog and I will get in contact with you within 12 hours to help you with your questions.

To read more and to apply, please go to this page.

|| [Online-Coaching and Education – Animal-Based Nutrition](#)

Carnivore and Fat Loss Guides — Coaching and Education Spots Available

JB bartoll.se/2023/03/coaching-early-march-2023

March 3, 2023



Once again, the backlog of clients waiting for their guides has been cleared and if you apply today or this weekend, chances are good that you will receive your personalized guide before mid-March. Note that the coaching information page linked below will be updated daily with an estimated queue time. With that said, as you apply, you are put in queue and when payment arrive, that spot is secured, so if you really want to learn this way of eating and the key to superior health and longevity, do not hesitate to apply right away.

Please note that these are not mere programs or meal plans to follow. These are personalized guides of more than 40 pages packed with information tailored to your specific situation, teaching you how to adopt and flourish on your own – backed with four weeks of full support.

Usually no more guides or programs are needed, no monthly coaching at additional costs.

Note that my consulting services are currently running without any noticeable backlog and I will get in contact with you within 12 hours to help you with your questions.

To read more and to apply, please go to this page.

|| [Online-Coaching and Education – Animal-Based Nutrition](#)

Cholesterol, LDL and HDL 101: They Got It All Backwards

JB bartoll.se/2024/06/cholesterol-ldl-hdl-101

June 29, 2024

I've covered this before, and since pharmaceutical disinformation websites such as Healthline continue to publish misinformation and complete rubbish about cholesterol and the lipoproteins LDL and HDL in particular, it needs to be repeated.

In a recent article published at Healthline, they list foods that seem to reduce LDL in the blood, what they call the "bad" cholesterol. Sounds good, right? No, not so fast. It's actually the complete opposite.



To understand what is going on, you only need to take a little step back and research the components involved, then simply apply some logical thinking. Unfortunately, that is the exact opposite of what doctors and scientists are taught today, as they parrot all the nonsense they've been spoon-fed without a single thought or question of their own.

The Lifegiving Cholesterol

Let's begin with cholesterol, one of the most crucial substances found in our bodies. You might already know that cholesterol is necessary for the production of certain hormones, such as testosterone, estrogen, aldosterone and cortisol. Cholesterol is also a precursor to vitamin D and thus needed for the synthesis of Vitamin D in the body. It is needed for bile production, which is essential for digesting fats and fat-soluble vitamins. It also removes waste products from the body by binding to bile acids and facilitating their excretion. Cholesterol is also involved in various cellular signaling pathways, including cell growth and differentiation, which takes us to the most important part of cholesterol.

Cholesterol is an essential component of cell membranes, in short, every single cell in our body is made out of cholesterol. And if you understand this simple concept, you should also understand how vital and important cholesterol is for cellular repair. As soon as there is any kind of damage done to a cell, as for example from heightened blood glucose due to consuming idiotic carbohydrates, or damage done from plant-based toxins, drugs, chemicals,

exercise, and so on, there will be a heightened demand for cholesterol in the blood. And thus, cholesterol is also essential for the remyelination of neurons, which is the process by which the myelin sheath around nerve fibers is repaired. This is critical for the maintenance of proper neural function and communication. And that is why taking cholesterol lowering drugs, such as statins, is the stupidest thing anyone can do, as it will shut down your body's ability to heal while starving your brain, as seen with dementia and Alzheimer's. Anyone prescribing such drugs should be in jail.

In summary, **cholesterol** plays a vital role in **cellular repair** by **maintaining cellular membranes, repairing damaged membranes, facilitating remyelination, regulating inflammation, and participating in cellular signaling pathways**. Its importance in **cellular repair** highlights the need to maintain healthy cholesterol levels and balance in the body.

Now that we understand how crucial cholesterol is, what about LDL and HDL? Simply put, LDL (Low-Density Lipoprotein) and HDL (High-Density Lipoprotein) are two main types of lipoproteins that carry cholesterol in the blood. Yes, they are simply carrier-proteins that attach to cholesterol so that the cholesterol will end up where it is supposed to go. LDL carries cholesterol from the liver to the bloodstream and to the cells so the cholesterol can be utilized by the body as it serves many extremely important functions, such as cellular repair. HDL then carries unused and damaged cholesterol from the bloodstream back to the liver for excretion. So, to summarize, LDL carries cholesterol to the arteries, while HDL carries cholesterol away from the arteries. Simple to understand, right?

In summary, **LDL** is responsible for delivering cholesterol to cells, while HDL removes excess cholesterol from the bloodstream.

The Extreme Misunderstanding of LDL and HDL

So, why do backwards thinking morons call HDL for "good cholesterol" and LDL for "bad cholesterol?"

This comes down to the same fallacy we see with the juvenile and debunked germ theory where bacteria gather in toxic tissue to help clean up the mess. They did not cause the "diseased tissue," they are the result of the "diseased tissue" as they are there to help clean it up.

The same is true with cholesterol. In other words, some idiot in a lab coat observed damage and inflammation (the healing response) in arteries and noticed that there was a lot of cholesterol present. Hence, the retarded little man-child drew the conclusion that cholesterol was to blame, theorizing that cholesterol build-up causes plaque and hardening of the

arteries.

And this backwards and retarded theory led to the belief that the carrier-protein LDL must be bad, as it carries cholesterol to the arteries while HDL must be good, as it removes cholesterol and carries it to the liver for excretion. And do you know what is most comical about this? There is zero research and evidence in any literature of HDL or LDL being “good” or “bad.” It’s simply a theory that stuck because it fitted the narrative of the pharmaceutical industry and their drug development.

And this should be obvious, as cholesterol is a vital part of our bodies. It cannot be harmful in any way, that is basic physiology. Anything that the body makes itself cannot be harmful. Only compounds coming from the outside, entering our bodies, can be toxic and harmful. So yes, that is how stupid these people are. I bet most of my readers have already figured out what is really going on. Let’s see if you did...

Now, we already know that every cell is made of cholesterol and that cholesterol is therefore needed in every single repair- and healing response that goes on in the body. We also know that blood glucose is maintained at extremely tight levels within our body, as all our soft tissues, especially our arteries and blood vessels are very sensitive to glucose. High glucose levels, as in after consuming carbohydrates, does a lot of damage to these tissues and especially our arteries. And what do most people consume on a daily basis? Yes, toxic carbohydrates. Now, add vegetable/seed oils to this mix, another well known cause of artery damage and plaque buildup — not to mention all the harmful defense chemicals and man-made chemicals found in processed plant-based foods that directly damages our cells. With this in mind, it’s quite obvious why most people today have elevated levels of cholesterol as they severely damage their bodies on a daily basis through consuming non-human edibles.

Now, using some simple logic, how can LDL be bad if it transports the much needed cholesterol to aid in repairing the tissue that you have damaged through your moronic dietary choices? Of course it’s not bad! Only a complete idiot would believe that. It’s actually vital for our survival!

When LDL levels are elevated, it indicates that tissues are actively repairing and rebuilding themselves. This is because LDL is delivering cholesterol to these areas to support the repair process. In this sense, high LDL is not a negative indicator, but rather a sign of physiological activity aimed at maintaining tissue health.

And if you think one step further, you should realize that high HDL in comparison to your LDL is a very bad thing, as it means that your body has trouble repairing the damage and a lot of the cholesterol is transported back, unused. Also, high HDL can indicate that a lot of the

cholesterol being transported back for excretion is damaged and can't be used for repair, which means that your body is in a very toxic state — so toxic that a lot of your life giving cholesterol is being damaged.

What High Cholesterol Actually Means

So, to summarize. If someone has high cholesterol levels it is because there is a lot of cellular damage from his or her lifestyle, especially his or her choice of diet. Cholesterol is only there to repair the damage you do to yourself. However, if you do not fix your behavior, nothing will change — and at worst, your body will not be able to keep up with the damage being done, hence cardiovascular diseases and organ damage.

According to biological and physiological principles, elevated cholesterol levels in the blood are not solely a result of dietary intake or liver production. Instead, **high cholesterol is often a sign of extensive cellular damage that requires repair.**

And with that said, if your cholesterol is high, as in your body is trying to heal, LDL will likely be high too. However, if your diet is above par, as in providing a lot of cholesterol, LDL might be low, as your body does not need to produce as much. In that case, if LDL is low but cholesterol is high, then you are simply still healing from previous damage and a lot of the cholesterol you consume through your diet is being used for that purpose, so all is fine. Simply make sure to consume an animal-based (ketogenic) diet and you will eventually heal.

What might be concerning is if your HDL is high, as that indicates that a lot of the cholesterol is not being used or is being damaged. This should only happen in people who consume a very unhealthy diet high in carbohydrates and especially vegetable/seed oils. If that is the case, you need to go animal-based this day, as in carnivore, before you experience severe cardiovascular damage.

Also note that cholesterol can be low even if you have a lot of cellular damage, as your body needs saturated fats, as in animal fats to produce cholesterol. If someone is extremely retarded and follows a vegan-, vegetarian- or fruitarian diet, which is void of saturated fats and most essential nutrients, there will be extreme amounts of damage done to the body all while the lack of saturated fat will limit the body's ability to produce cholesterol to heal that damage. That is why such deceived people wither away so quickly and why so many of them get maimed for life.

Saturated fats play a vital role in the production of cholesterol in the body.

Cholesterol is a vital component of cell membranes, hormones, and bile acids, and it is produced by the liver.

If you need help making sense of your bloodwork, if you need help or have questions about healing, or if you need help with transitioning to our natural species-appropriate carnivorous way of eating, I'm available for both coaching and consultation.

And if you found the article and my insights helpful and enjoy my free information, please consider donating to help pay the webhosting bills and keep the site running. Thank you!



Buy me a coffee

If you wish to support my work

Online-Coaching

Personalized Animal-Based Coaching Guides



Coaches, Dietitians, Nutritionists, and the Tale of Nutrients, Toxins and “Science”

JB bartoll.se/2023/10/the-tale-of-nutrients

October 25, 2023



Since childhood, you’ve been programmed to respect, listen to, and not question anything from authority figures, preferable in white coats and with a funny name, no matter how stupid or mocking their suggestions or “facts” are. A perfect example of this was the staged and fake Coronavirus pandemic where the most indoctrinated puppets put on face diapers, refrained from even meeting or hugging loved ones, lined up 6 feet apart when outside, and even queued in painted squares on the floor. That is the power of mind control and the programmed behavior of following the herd, not standing out or exposing oneself as a target of a mindless mob of zombies. One of the mantras of the braindead sheeple, as repeated almost daily in the mind-controlling media, was “trust the science.”

No, you should NEVER trust “the science,” because that is actually the true definition of science, long before it got hijacked by the elite powers and their puppets.

As a thinking human being, the first rule of ‘science’ is to always question everything. That should be obvious, yet about 99.9 % of all humans have already failed at this first and very simple rule. Questioning things is how we do ‘science,’ and questioning ‘science’ is even more scientific. Actually, the proper way to do science is to question ‘established science,’ to try and prove it wrong — or at least that was the definition about 120 to 150 years ago. However, in today’s society, we are strongly discouraged to do so, especially among paid scientists. To question established science, the “science” that line governments and companies’ pockets with money, will get you fired and your name and reputation dragged through the mud. Hence the slogans “trust the science” or “follow the science,” when it indeed should be “question the science.”

This is the reality in every single scientific area, and especially anything that has to do with health, nutrition, and disease. A nourished and healthy human have the energy and strength to rebel and question, while a malnourished, weak and subdued human has no energy or lifeforce and simply follow the herd, like a proper good little sheep.

The majority of everything you have been taught as “established science” is based on lies, deceit, and extremely flawed theories. It’s simply repeated rubbish that no one within their field dare to question. It’s been so ingrained from childhood and the educational system, reinforced by media and fake authority figures, that it is simply never questioned, it has become the truth for most people.

They tell us that we are made up of atoms, “made up” being the keyword here as ‘atoms’ has never been proven in actual science, it’s a theory. Same thing as our cells, since they cannot be viewed or studied whilst alive and working as a part of our bodies. What science call ‘cells’ are theoretical drawings ‘made up’ from black and white electron microscope images taken from dead samples of tissue that has been bathed in solvents, chemicals, and heavy metals, which has broken down and destroyed the tissue, and then it’s frozen, because an electron microscope will generate a temperature of 150°C (302F) at the moment it takes its picture, which evaporates the sample. Whatever is left in the tissue sample after such a harsh treatment is what they based our ‘cells’ on, and also all their theories of how a cell actually works. Yes indeed, how our cells are structured, what alleged parts they contain, and how they work is all based on theories, on speculations that fit into an overall unproven theory of the ‘cell’ and its ‘interactions’ and ‘functions’ within the human body.

The same thing is true for what we believe to be “isolated vitamins” and other compounds related to nutrition, which is why man-made ‘vitamins’ are simply toxic shitstorms of chemicals nowhere to be actually found in nature. And this is why I try to simplify nutrition as much as possible, looking at what we can actually see, observe, and study, while using common sense and logic.

From looking at our physiology, such as teeth, stomach acid, and intestines, we can clearly see that we as humans are obligate hyper carnivores, made to consume animals and even leftovers, as in rotting cadavers (as our stomach acid is comparable to that of the wolf, and our intestines are more similar to that of the typical carnivore than any kind of herbivore.) Also, we know that there actually is no such thing as a “herbivore,” as all animals that has adapted to be able to consume plants for survival, also consume small animals given the chance. Elks and deer will eat bird eggs, small birds, bugs, worms, small snakes, and even squirrels if they find one that is hurt or dead.

And we know that children instinctively will go for meat and anything red that reminds them of meat and blood. Actually, any human not brainwashed and indoctrinated with western “science” will always consume animal-based food as their staple, and only reach for anything plant-based out of necessity, as when faced with starvation. We have seen this with every single indigenous tribe ever documented in old literature before the elite with economic interests and the will to control their slave population began rewriting history and everything natural.

As I’ve mentioned many times, I too was trapped in much of this theoretical science, (more appropriate ‘pseudo-science,’) for the better part of my life, although I did question most things and also did most things differently from other coaches who simply followed the herd, bleating and repeating the same old nonsense. My nutritional programs were always animal-based, as in each meal containing meat and animal fats, but unfortunately with the optional small serving of toxic vegetables and some toxic man-made supplements. However, since my clients always had fatty meat from ruminants, as well as whole eggs, especially egg yolk, as their base, they always did better than other athletes who consumed lean meat, more plant-based garbage and egg whites, as our foundation was much more solid. Also, they were never really hungry or had cravings, as they never got any typical nutrition deficiencies.

And that brings me to a new ‘trend’ among some ‘truthers.’ As we can’t be sure that nutrients, such as vitamins, actually exists, or at least not exists as they are represented by ‘science’ in tables and pictures, many truthers say that ‘nutrition deficiencies’ does not exist and that all ‘illnesses and ‘deterioration’ of health are from toxins, poisons and stress.

While I do keep an open mind after everything I have went through and discovered, I also apply logic and common sense to everything I have witnessed and experienced when working with clients, with actual human beings, for more than 30 years. I’ve helped countless of bodybuilders and fitness athletes recover after starvation diets put forth by incompetent coaches and I’ve helped more than 70 ex-vegans to recover and adapt our natural species-appropriate, species-specific diet of animal-based foods.

Yes, we know that a lot of health problems are due to toxic overload and the inability to properly detox. However, the health- and bodily deterioration seen in ALL vegans is unquestionable. They lose muscle- and bone mass (especially noticeable in their face as the

skull deteriorate/shrink,) their skin prematurely ages and lose elasticity, their teeth deteriorate, becomes sensitive and almost transparent, their hormone levels plummet, they get infertile, their brain is starving and they get mentally ill, their skin get pale and damp, and dark circles form beneath their eyes, telling us of organ damage and so on. I've seen it all, repeated time, and time again, in every single ex-vegan client I've helped. Some so badly hurt by their delusion that they will never fully heal and recover.

So, did all this happen simply because of the toxins in the plant foods? And why did they get better and start recover at the moment of the first bite of a piece of meat? As all my clients has told me, at the moment they tasted meat again, it was like a 'light switch' was turned on in their heads. They could finally think straight again and they felt alive for the first time in years, like a tied hood was removed from around their heads. And most ex-vegans began their recovery by simply adding meat to their diet, while still consuming a lot of the same toxic vegetables — still they began to quickly recover. If all their health problems were from 'toxicity,' why did the single addition of animal protein and animal fats make them so much better? The toxic load did not change, but actual human-specific nutrition was added, as in nutrients.

And that leads me to what I've been saying for years, what is extremely simple and logic. Whatever we are 'made up' from, whether it is cells as portrayed by "science," or something similar, or something completely different, we humans are simply built just like any animal. We have muscle tissue, we have organs, we have bones, and we have blood. Whatever is used by our body to make these things, to repair and sustain them, are available in the same tissues and in the blood. So, logically, since we as humans can and are made for consuming the flesh and fat of other animals; we will get exactly what we need by doing so, without the need for our bodies to try and convert or modify the content of the food, which would be the case if you consumed something plant-based, something that we are not made up from. And that simple explanation to nutrition should be all we need.

So, if you're a coach, a dietician, a nutritionist, or whatever you or the system has labelled you as, you need to rethink everything. If you recommend carbohydrate sources or anything plant-based such as man-made toxic vegetables, fruits or extremely toxic nuts and seeds, and so on, you are playing right into the hands of the power elite and their corporations, multi-billion industries, and worse, you are poisoning and hurting your clients, actually taking years off their life. Your blind trust in the corrupt establishment has made you into an instrument for their evil bidding and destruction, and you need to realize this and break free. You need to reconnect with nature, with your inner-self and start over. Many will not be able to do it because of their fragile ego, because they cannot admit that they have been wrong, wasted time and effort on lies in books and courses, and that they have done harm. And for us who can see clearly, we need to challenge them, and we need to remind people of nature and what it is to be a human being, and to question those who want to rule you through all means possible, including that of creating disease through a false paradigm of nutrition.

It's evident that anything plant-based will hurt us, as seen over, and over again amongst vegetarians, vegans, fruitarians, or pretty much anyone following a typical western modern diet high in processed plant-based foods, and low in animal foods. And it's also evident that anyone adopting our natural carnivorous diet heals and recovers very quick, as they can actually start to detox, and that they never show signs of illness, food cravings, or hunger – as they are fully nourished (another logical clue to the fact that nutrition deficiencies exist, as anyone doing a stupid food deprived diet will get hungry and get cravings, while someone animal-based doing the same, or even fasting, never experience those 'symptoms'.)

I could go on for hours, but my time is up for this morning, and the article is long enough as it is. For more reading on this 'simple' and logical subject, check the links in the article and the recommended links below. And if you need help with adopting our natural species-appropriate diet, or if you have questions or need support, I'm available for both consulting and coaching. Simple questions and guidance are also available through our uncensored community at Ungovernable.se.

- <https://bartoll.se/online-coaching-and-education-animal-based-nutrition/>
- <https://ungovernable.se/>

Thank you for reading.

Definitions: Carnivore, Animal-Based, or...?

JB bartoll.se/2024/04/animal-based-or-carnivore

April 29, 2024

Before we start, there are some ‘universal truths’ that are not debatable, such as the scientific and physiological fact that humans are obligate hyper carnivores; that we are physiologically built for the consumption of animal fat and animal protein. This also means that anything from the ‘plant kingdom’ is toxic and potentially harmful to us. In addition, plants in general are extremely low on bioavailable nutrients, which means that we as humans have a very hard time extracting the little nutrition found in said plants. And also, we have an even harder time converting the little nutrition we may extract into something usable, as it’s not in organic form (as found in animal tissue.) In other words, plant-based foods are not only toxic, but completely useless as nutrition.

This realization within the information age has re-ignited the ‘carnivore movement,’ which actually should be called the ‘animal-based’ movement, as the term ‘carnivore’ implies that at least 20% of what you eat is raw directly from an animal – and most people who proclaim themselves as ‘carnivores’ cook their food, as in processing it. That is not ‘carnivore.’

With that being said, only consuming cooked animal food is much better than the ketogenic diet (which may contain toxic plant-foods and seed oils,) a thousand times better than following a modern “balanced” diet, or an infinite number of times better than any kind of plant-based “vegan” slave diet.

Still, cooking means processed, as in unnatural, and that is not ‘carnivore.’ And cooking degrades the protein and robs the food of nutrients, especially electrolytes, and that is why those who follows a ‘cooked animal-based’ diet need to add in electrolytes, such as sodium, potassium, and at times magnesium. And this loss of vital nutrients is also why many who follows a cooked ‘animal-based’ diet may run into some problems, especially if you cook your meat past ‘medium rare’ – as they might add sodium, as in salt, but not enough potassium, magnesium, and other minerals that get lost. Another problem is relying on too much low-fat meat, and not getting enough fat from other sources, as in a skewed protein to fat ratio (I’ve explained this in previous articles.)

Now, when I coach and educate my clients, I explain all this, and I also start everyone off on a ‘cooked animal-based’ diet, because people are used to cooked food, and making drastic changes is not for everyone. It has to be done gradually. Also, your body need time to re-adjust to every change you make. So, when someone decide to adopt our natural human species-specific diet, they first need to transition from where they currently are and into a ‘animal-based diet’ over the span of several weeks. As in going from a “balanced diet” to a “ketogenic diet” and then to a “animal-based diet.” From there, it’s your preference and

decision whether you want to reach the final stage in optimal health and mental clarity by going carnivore, as in consuming some or all of your food raw.

As a coach, I give you all the tools and motivation to succeed in all these steps, but it's up to you where you want to be and what is 'good enough' for you.

So, if you cook all your meat and organ meats, and/or if you use other processed food such as dairy (unless it's raw,) please refer to yourself as 'animal-based,' and not as 'carnivore.' If you on the other hand eat some or all of your meat and organ meats raw, including raw eggs (or at least the raw egg yolk,) then you can label yourself as carnivore, and only then, are you actually following our proper and natural species-specific diet. We are simply a species, like every other animal, and no other animals that belongs to the carnivorous species cook their food. Our digestive system, and especially our incredible low stomach acid pH is made for raw food and even scavenged kills, as in fermented/rotten meat.

And no, all that nonsense about "harmful" bacteria, parasites, E. coli, salmonella and such from animal produce is all complete bullocks. I've covered that many times too, and we have a lot of informative discussions on that topic at our uncensored community Ungovernable.se.

Personally, I only warm my meat to room temperature before eating it, and sometimes I sear the meat on the lowest possible heat for a few seconds, leaving it practically raw. And as for organ meats and eggs, I eat all that raw. Sometimes I do heat the egg white on the lowest heat setting, just to let it coagulate a bit. The only 'processed' food I consume is butter and/or ghee, and at times a pure non-flavored whey concentrate powder (which is simply cold-dried milk) because of all the minerals and to make it easier to reach my protein requirements as I'm never hungry or directly interested in food.

So, per definition, I'm 'carnivore' (more than 20% of my food is raw,) but I prefer to say that I simply eat in accordance to our species – or at least as well as I can (as some of my food is 'processed' a couple of times a week.)

And remember, you do not have to be 'carnivore' all the time to reap great benefits. You can, for example, eat all your food raw when you're at home, and still have some cooked food when you're at your workplace, or out eating somewhere else. Just opt for the 'rare' variants.

If you need help or want some guidance with nutritional plans, health issues, fat loss, and/or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, or going fully 'raw' carnivore, I'm available for both coaching and consultation.

Online-Coaching and Consulting Services

Personalized Animal-Based and Fat Loss Coaching Guides



Dental Health — Cavities: Why we get them and how to repair them

JB bartoll.se/2022/04/cause-of-cavities-and-how-to-heal

April 11, 2022

Let's start with the basics of tooth health and decay – your nutritional status, as proven by Weston A. Price about 100-years ago, when he spent years on remote locations living with different primitive tribes where he examined their nutritional status and health. He soon discovered that not only were they never sick, they also had perfect teeth with zero cavities among all the populace. Most of them consumed an almost 100% carnivorous diet of meat, organ meat, blood and milk.

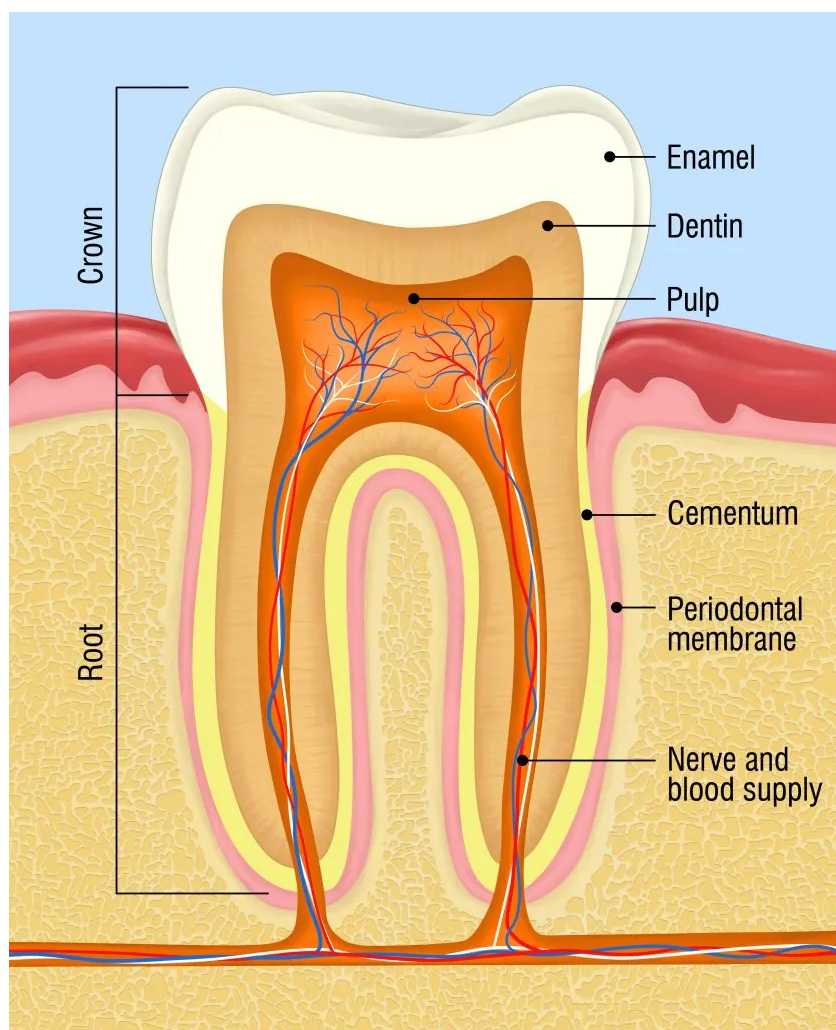
Without enough minerals and trace elements, your teeth will lose density, become almost transparent and overly sensitive. This is commonly seen as it happens to all vegans, and especially fruitarians, within the first couple of years of adopting this agenda-driven and deadly way of eating. A plant-based diet is extremely deficient in all nutrients. Not only are many nutrients missing, those that are present are not bioavailable for humans and need to be converted.

As for directly 'harming' the teeth, carbohydrates, especially in the form of fructose and sucrose, is the biggest culprit. The sugars easily get stuck to the teeth and the bacteria trying to clean it up can hurt the enamel if the teeth and saliva production is compromised by nutrition deficiencies, which in turn allows for bacteria overgrowth and the lack of nutrients hinder the repair process of the enamel. However, this only explains a scenario with multiple cavities and general bad teeth health. It does not explain a single cavity with neighboring teeth unaffected. Tooth decay in this instance is a combination of sugars and nutrition deficiencies from a very bad diet (as seen in vegans and fruitarians.)

This also explains why some people who still consume a lot of carbohydrates (sugars) can have fairly good teeth — because they also consume enough animal products to fight off malnutrition, thus they have adequate saliva production, and their teeth can regenerate to keep up with the onslaught.

However, cavities can also be found in people who hardly eat any sweets or food with carbohydrates. Tooth decay also seems to be totally unrelated to dental care. People who are consistent with their dental hygiene also have cavities and the other way around. And if exposed to sugars and bacteria, why would one tooth get a cavity, but not the tooth next to it? You also have cavities that form on the inside of the tooth without any exposure to outside stressors. To explain these anomalies, we take a look at German New Medicine and how tooth decay, just like any other bodily problem, is connected to your psyche.

Anatomy of the tooth and why 'root canals' are insanity



Before we move on, we need a quick look at the anatomy of a tooth. To keep it simple, the visible part of a tooth above the gum line is called a crown and its outer layer is made of enamel. Below the gum line we have the root. On the inside, most of the tooth consist of dentin, a calcified structure that is denser than any bone, which allows for the withstanding of biting and grinding. In the middle of the tooth, we have the pulp, which extends down in the two roots of the tooth. The pulp contains blood vessels that nourish the tooth and nerves that provide sensitivity to heat, cold, pressure, and pain. The pulp cells are capable of producing new dentin to heal the tooth, providing you get the nutrients needed.

If you understand this, you should also see the absurdity of dentists performing 'root canals.' The root canal procedure involves removing the entire contents of the pulp and filling the inside of the tooth with a plastic material and toxic compounds such as arsenic. In other words, you are left with a completely dead and toxic tooth that now is incapable of repairing itself. If a tooth is so damaged that it cannot regenerate, it should be removed, not filled!

Dental health and the psyche – Biological Conflicts

In German New Medicine, we talk about biological conflicts. This occurs in the psyche as results of an unresolved mental trauma; and that conflict is connected to various parts of the body depending on what happened and the feelings associated with the event. This is identified with CT-scans and every symptom in thousands of patients has been linked to a specific localized ring-shaped formation in the brain. As for cavities, this ring would change a little bit depending on which tooth was affected and if the cavity was on the outside (enamel) or the inside (dentin) of the tooth.

The conflicts linked to different types of cavities

The biological conflict linked to the dentin in the tooth is simply the feeling of not being able to bite. This can be about food, as not being allowed to 'bite,' as in eat, certain things or being 'forced' by someone to eat less (as in losing weight.) It can also be in the sense of not being able, or allowing oneself, to "bite" or "snap back" at someone who hurt you.

If the cavity is on the outside, in the enamel, the conflict is with someone that is seen as bigger than you, or in a position above you, alike an 'authority.' This is often observed in children who feel emotionally hurt by something said or done by a parent, a teacher, or a bigger sibling or classmate (bully.) In adults it can be from a conflict with a 'superior' at work or with a government official (doctor, police officer, bank manager, etc.)

This is also why adults get more cavities on the inside, in the dentin, as this is from a conflict with someone who is smaller than you. This happens when you get upset or angry with someone but you cannot 'bite back' because the person is smaller and in a position that would make matters worse – as in 'I'm not allowed to bite back,' so instead you bite your tongue and hold it inside. This can be from being angry with your kids, your pet, or even your boss or colleague, especially if they are 'weaker' or 'dumber' than you but still holds a position of more power, so it's inappropriate to 'show your teeth' or 'bite back' at them and put them in their place. Instead, you take it, and the irritation, frustration, and anger build up on the inside.

The conflict phase – break-down and cell loss

While these conflicts go on unresolved, cell loss occurs in a tooth associated with the type of conflict and depending on whom it is with. Variables such as how bad the conflict is, the emotions involved, and for how long it goes on, will determine the size and severity of the cavity. If it's on the outside, you might notice it in a mirror or when visiting a dentist. If it's on

the inside, you will not feel or notice it until the cavity is so big that the integrity of the tooth is compromised and it breaks. Yes, there is no real pain or discomfort while the tooth is breaking down during the conflict phase.

And simply going to a dentist to fill the cavity will not solve the conflict. New cavities will form, and if you kill the tooth by a root canal, other teeth will start to get affected instead.

Resolved conflict – symptoms and the healing and repair phase

Some of these conflicts will temporarily or permanently resolve themselves without us even realizing it as we patch up the relationship with the offender. Or perhaps a kid in conflict with a teacher or a bully comes to the end of a school year and enter summer and it's temporarily forgotten about because of all the fun you get into with your friends and being away from school.

This is when the healing begins. The biological program switches as it helps us to adapt to these stressful situations. In a bite conflict that has been resolved, our body now wants to make that tooth stronger so we can 'bite back' if it happens again. If the cavity is on the outside, you might not notice much as it will slowly fill itself. However, if it's on the inside, the healing process causes inflammation and edema which can push against the nerves and cause tooth ache. There will also be beneficial bacteria helping with the process, as well as puss developing as old damaged and dead cells are removed. So, when you feel pain in a tooth and it's inflamed, it's not from breaking down, it's actually from healing.

So, as you can see, going to a dentist because of pain and getting a treatment is very backwards. The only time a dentist would be needed is if you go with a conflict for so long that a tooth breaks, it can no longer repair itself, and you need to pull it out.

Identifying and resolving the conflict

Now, if you have a tooth ache, the important thing here is to understand the reason behind the conflict and what you resolved. Otherwise, it will surely happen again, and you will go back and forth, always having problems with the same tooth or teeth. In other words, you enter a conflict and the tooth starts to break down, then you temporarily solve it and it starts to heal and you experience some pain and discomfort, then you get into the same conflict again, the pain goes away as the healing is stopped and the tooth starts to break down again – and then it repeats all over. It's a vicious cycle.

If you have a cavity on the outside that you can see, or if you just started to experience pain from healing, you need to identify the conflict involved. What conflict is causing it and with whom? You need to acknowledge it, accept it, come to peace with it, and work on it so it

doesn't bother you or happen again. This is true for most symptoms or 'diseases' that is caused by biological conflicts, as we have discussed in previous articles.

As for tooth ache, it's a sign of healing, and you'll have to tough it out, or use some natural painkillers to mitigate the pain. To help with the healing and speed it up, make sure to consume a lot of liver, egg yolks, meat, bone broth, and if available, raw milk. These are the best sources of the vitamins (A, D, E, K2) needed for healing to take place and for the minerals and amino acids needed for constructing new enamel and/or dentin.

So, to summarize, to heal a cavity, you identify your biological conflict, you come to peace with it, you manage the symptoms, and you give your body the nutrients needed to heal and repair.

Dr. Eric Berg: Healthy Keto vs. Dirty Keto

JB bartoll.se/2024/02/dr-eric-berg-healthy-keto-vs-dirty-keto

February 7, 2024

Muscle & Fitness recently published a Keto-based article based on an interview with Dr. Eric Berg. And while Dr. Berg might seem ‘controversial’ and ‘censored’ on YouTube in the eyes of the sleeping general public, he’s still somewhat trapped in the pseudoscience and ideology of nutrition. So, let’s see what Muscle & Fitness and Dr. Eric Berg has to say about the Ketogenic Diet and the multiple versions of it.

The article’s preamble paints a picture of the popularity of the Ketogenic Diet, claiming that *“12.9 million Americans follow the keto diet each year. As of 2024, keto lovers across the globe contributed to a whopping 27 million keto hashtags on Instagram, making this high-fat, low-carb diet a household name.”*

After that, they do distinguish between different approaches, and that of ‘Dirty Keto’ versus ‘Healthy Keto,’ and this is where Dr. Eric Berg comes in, and where he explains what ‘healthy keto’ is, and why you should do it.

“During his 30 years in practice, Dr. Berg has worked with over 4,000 people, including Hollywood top actors, Senior U.S. government officials, Medical Doctors, top CEOs of prominent corporations, scientists, stay-at-home moms, and high school students—helping them incorporate proper nutrition and Healthy keto into their lifestyle.”

Well, I guess we’ve been at it for about as long. I wrote my first diet- and exercise programs for high-school athletes back in 1990, and from there I got involved with the Bodybuilding and Fitness industry (around 1995,) and later on Strongman (1998,) and then Ice Hockey, Soccer, and pretty much every popular sport after 2000. And of course, I worked with just as many regular non-athletic people as well, and also a lot with the Military, the Secret/Intelligence Service, the Police, and so on (and that’s why I know so much about them, the personality types, and their Freemasonic ways.) Anyhow, we have similar backgrounds, so let’s see what Dr. Berg says about the ketogenic diet.

“While there are strong similarities in their approach to restricting carbohydrates, healthy keto prioritizes the consumption of whole foods rich in vitamins and minerals over processed alternatives which may lack essential nutrients our bodies require for optimal functioning, explains Dr. Berg.

In short, healthy keto promotes nutrient-filled foods (higher-quality ingredients, grass-fed meats, wild-caught seafood, and pasture-raised poultry), while Dirty keto focuses on keeping carbohydrates low even if that means consuming conventional, highly processed foods, all while keeping healthy fats high and carbohydrates low.”

I’m happy to see that when Dr. Berg explained ‘nutrient-filled foods’ he only mentioned animal-based foods such as grass-fed meats and wild-caught seafood. In other words, our natural species-appropriate foods.

So, in short, ‘healthy keto’ focuses on nutrient-dense and clean foods while ‘dirty keto’ is simply about removing the carbohydrates and getting enough fat and protein no matter the source.

Also, keep in mind that vegetable/seed oils are extremely toxic and should never be consumed. All fat should come from animal sources, such as the animal fat in meat, from tallow and lard, and from butter/ghee.

After that explanation, Dr. Berg go through a few bullet points of the ‘healthy keto’ diet. Let’s examine each one.

Purpose: mainly for weight loss, metabolic syndrome, blood sugar issues, inflammation, and much more. The purpose is to reduce the carbs low enough (50 g or less per day) so the body burns fat instead of carbs.

Actually, a ‘ketogenic diet,’ as in running on fat as our main fuel, is our natural diet. That is how we are constructed. While it is ideal for fat loss, and everything else, it’s the type of “diet” we should follow our entire lives – as in our species-appropriate, species-specific diet of animal-based foods, aka., the carnivore diet. It’s not a temporary fix, as you should never want to go back and consume toxic and damaging carbohydrates ever again. That would be insane once you experienced how it is to truly thrive.

And it’s not about “reducing” carbohydrates, it’s about eliminating unnatural sources of carbohydrates, as in every single plant-based source. The only carbs you’ll be ingesting is the small and natural amount of glycogen that is found in meat, and perhaps a little bit of sugars from unprocessed dairy, like raw milk.

So, forget about that 50-gram nonsense. No need to count anything, just consume the right foods and it will take care of itself.

The macros are 20% protein, 75% fat, and 5% carbs. However, green leafy vegetables and other low-starchy vegetables are allowed and encouraged as much as you want.

NO! And this is where the slave-indoctrinated response based on the ideology, pseudo-science, and propaganda of nutrition replaced Dr. Berg's common sense. Humans can hardly extract any nutrients from plants. Everything is tied up to fiber and antinutrients, and all plants are also filled with toxic and damaging defense chemicals. And on top of that, all modern vegetables are man-made and has no resemblance to what you once could find in nature. Adding total crap like this is what belongs in the category of 'dirty keto.'

And the ratio between fat and protein should be about 1:1 in grams, which in pseudo-scientific energy units ("calories") would be about 70E% fat and 30E% protein.

The uniqueness of this diet is to encourage high nutrient-dense foods as well as quality foods. Examples of foods would be wild-caught salmon, organic broccoli and leafy greens, sauerkraut, avocado, organic steak, organic eggs and bacon.

Again, there is no such thing as a nutrient-dense plant food. The micronutrients, such as minerals and vitamins are not organically bound and has to be converted by enzymes in our bodies (with a 4 to 8% success rate.) Also, they are bound to antinutrients, making them almost impossible to access in the first place. And the macronutrients, as in carbohydrates and protein, are bound to fiber, which is totally undigestible for all animals, especially humans. At best, you might extract 50 to 60% of the macronutrients. So, while you think you might get 50 grams of carbohydrates and 30 grams of protein from a serving of, for example, rice and beans, you'll only get 30 grams of carbs and 20 grams of protein at best (and that is very low-quality protein as plants lack a lot of key amino acids.) And again, that's another reason why "calories" are totally meaningless, as all labels and nutrition tables are based on what "scientists" can find and burn within a plant food; it's not based on what you actually can absorb and use in your body.

Only animal-foods such as meat and eggs are fully bioavailable, as the nutrients are stored in the same way we store them ourselves. Only animal-based foods can be nutrient-dense, and only animal-foods are our species-appropriate food source.

People usually combine this diet with intermittent fasting to reduce insulin and reverse metabolic dysfunction. The lower the insulin, the more the benefits as you are correcting insulin resistance.

Yes, you can do Intermittent Fasting, as long as you consume your food early in the day and stop eating 4 to 6 hours before your bed-time to make sure your meal has been fully digested and that your sleep will not be affected.

Also, do not focus on insulin, as that is a response to glucose in the blood, typically from consuming carbohydrates, which is very unnatural. We are meant to run on a fat metabolism, hence gluconeogenesis which supply us with the perfect balance of glucose from converting fat and amino-acids. Insulin will always be present at the perfect amount in a natural fat

metabolism. It's only increased when our balance is disturbed, as when consuming something unnatural and our body needs to clear out the excess of glucose as quick as possible or it would cause a lot of damage and ultimately kill us.

After that, Dr. Berg goes through a few conditions that might improve or even be cured by adopting a ketogenic diet, such as fatty liver, PCOS, inflammatory problems, improving metabolism, and reducing the risk of heart disease.

And this is true. Keep in mind that inflammation is part of the healing process. If you damage your body with the wrong kind of food, as in plant-based kibble, there will be damage, hence inflammation. If you stop that nonsense, your body will actually be able to heal, and when healed, inflammation will be gone.

Of course, this will go a lot faster, and be a lot more effective, if you do the 'ketogenic diet' the right way, as in only consuming animal-based foods, as in "carnivore."

Towards the end of the article, Dr. Berg explains some of the buzzwords associated with the Ketogenic Diet.

Ketosis: *"Ketosis is a state whereby your body is running off of ketones, which are more digestible forms of fat fuel," explains Dr. Berg. "Since the majority of the population lives off of mostly carbs, ketosis is inhibited." This is where Healthy KETO shines.*

Actually, we will always produce ketones as it is part of our natural metabolism. However, it will be suppressed when you consume carbohydrates, as carbs break down to glucose, which is toxic, and your body must do everything it can to dispose of it, which includes using it as immediate energy (shutting down fat metabolism and lowering ketone production,) shuttling it to the liver, and converting and storing it as glycogen and body fat.

Now, some with low intelligence might say that it's good for the cells to get some extra glucose. Well, it would be if they actually would need more glucose. But again, all the glucose your cells will ever need, no matter how hard you work your body or exercise, is supplied via gluconeogenesis. Your cells will always have the glucose they need. Any exogenous carbohydrates you put into your piehole will turn into glucose, which must be disposed of as it is damaging to your blood vessels and your cells, as they now get oversaturated.

Going back to ketones, in someone who runs on a healthy and natural fat metabolism, ketones might make up for 15% or more of the energy requirements, while in someone poisoning themselves with carbs, it might be as low as 0.01%. But it's never shut off, it operates on a gliding scale. I explained this in [my article about Keto misconceptions](#).

Ketones: *That brings us to Ketones which are a cleaner, more energetic, and more efficient fuel, especially for your brain. "Since the majority of the population has some version of insulin resistance, glucose worsens their state of health," says Dr. Berg.*

Yes, ketones are a “super fuel,” especially for the brain, raising cognition and supporting mental health. And excess glucose, as in after consuming carbohydrates, will always worsen your state of health as it is damaging.

Insulin resistance: *A state whereby the cells are resisting not only insulin but glucose too. “This means the cells can’t get fuel and the person can’t burn fat to generate ketones; This is why healthy ketosis reverses this state while providing the body’s required nutrients.”*

This happens because these cells have taken so much damage from unnatural levels of excess glucose so that the cell’s receptor for insulin is turned off, or the cell would die. As more and more cells are damaged and stop responding to insulin, especially the more complex cells in organs and muscle tissue, glucose takes longer and longer to get disposed of, which also means that the damage is increased. This is what we see in ‘diabetics’ where it can go downhill very quickly with blood vessel- and nerve damage, and later on tissue damage to the extent that they might need amputation.

Also, the less complex cells, which can more easily be reconstructed, as in the epithelial cells and red blood cells becomes the sacrificial lambs. And as they neutralize glucose and die, the reproduction of these cells causes mutations to be able to handle glucose better, forming cancer cells, as in tumors, which feeds on glucose in order to protect the more important cells. I explained this in my article on Cancer.

So, that was Muscle & Fitness’ article on “healthy keto,” which by their and Dr. Berg’s definition is not as healthy as it could be. Make sure that you not only eliminate the carbohydrates, but that you also eliminate all kind of plant-based and man-made foods. As a human, you should only consume our natural and species-specific foods of meat and animal fats, and occasionally the produce of animals such as eggs and milk. That is our natural “ketogenic” diet, and it’s as simple as that.

If you need help with transitioning into our natural way of eating, or if you need help with body composition goals or other health problems, I’m available for coaching and consultation. Thank you for reading!

Online-Coaching and Consulting Services

Personalized Animal-Based and Fat Loss Coaching Guides



Food and Nutrition Made Simple

JB bartoll.se/2023/04/food-made-simple

April 15, 2023

This is a follow-up on my article, 'Understanding Nutrition and Breaking Free from Ideology and Pseudoscience,' as it's obviously desperately needed – and also to serve as a reminder of a very important topic that most people, unfortunately, are total ignorant about.

We're undoubtedly living in a time when people are more deceived, indoctrinated, and dumbed down than ever before in history, especially considering health, illness, food and nutrition, something that should be quite simple and natural.

One of the biggest problems in this age of easily accessible information is that most of said information is false and many times detrimental to our health. This is by design and especially true for anything health- and nutrition related. We see dieticians, nutritionists, coaches, and 'fitness influencers' on a daily basis relaying the message that most plant-based foods, especially vegetables, are healthy and needed in a diet. This is of course completely false and also very harmful. What these people actually end up doing, is giving out idiotic advice that will harm, maim and even shorten the lives of their followers and clients.

This diet and food confusion is due to a hijacked 'science' and the fact that most textbooks and educational material is complete hogwash, and we'll get to why that is in a second. And with that in mind, the correct information is out there and it's very simple and logical. And if you want to improve your own situation, or even work with health and helping people, you should seek it out. And in the last 5-years or so, if you've been interested in nutrition, you should have come in contact with our natural species-specific carnivorous diet, or at least the ketogenic diet. And if you did not research it, if you did not dig deeper and applied some common sense and logic, but instead dismissed it, that is on you, and then you failed. And if you continue to recommend plant-based foods and/or use them in your meal plans to clients and followers, then you are hurting people out of sheer ignorance, laziness and stupidity. And again, that is on you.

As I've said many times before, there is no such thing as "Nutrition Science," there is only 'Nutrition Ideology.' Any kind of "education" in the 'nutritional field' is based on agendas, food industry and Big Pharma interests, and simply lining pockets with money. Personally, I wasted 25 years of my professional life on nutritional textbooks, courses, seminars, and reading published "studies," including sport nutrition- and medical literature. Registered Dieticians and Nutritionists are nothing more than indoctrinated puppets of a deeply misanthropic and bastardized organization.

Although I've always been animal-based and used meat in every meal all through my professional career, as I was raised on a farm, and I also understood the dangers of veganism and helped countless of ex-vegans regain their health with adopting animal foods, I did not see the whole picture, nor understand true human-species-specific nutrition until I faced death in early 2018 and adopted our species appropriate diet as a last resort. A diet that healed me within months and have kept me from ever being "sick" again.

So, if you're a dietician, a nutritionist, a coach or trainer, and you follow the common consensus of carbohydrates and plant-based foods in a diet, I'm sorry to say that you wasted a lot of money and time on complete pseudo-science. Most of what you think you know is completely wrong. You need to stop right now and relearn. And I know how it feels, I had to rewire a lot of my thinking after 2018, but when it all finally makes sense and you make incredible leaps in health and performance, it's all worth it. Just man up and start again.

If you want to understand human nutrition, as in our species-appropriate diet, you need to look at comparative anatomy, comparative physiology, and metabolic pathways. If you do this, you will notice that humans are carnivores. And to add to this, we can very easily observe what happens to people who try to rely on a plant-based diet; how their bodies break down, how their hormone levels plummet, and how they quickly develop mental and cognitive issues.

And that brings us to the question of what nutrition and nutrients actually are. Some nutrients, such as vitamins have never been observed in nature or in living beings, only in isolated samples in laboratory test tubes. This understanding has led to a new hippie-like belief among some truthers that real nutrition is about natural untouched 'living things' and 'vibrations,' and that anything "dead," processed, or man-made is no longer nutrition and inherently toxic. While the latter is true, that processed foods and synthetic vitamins or man-made nutrients/supplements are very toxic and harmful, real nutritious food is not about 'vibrations' or the fact that it comes or grow in nature and that it's not manipulated in any way. That is just a warm and fuzzy hippie-like idea to cling to, to make you feel like a morally superior being.

Again, claiming that anything from nature that is not processed will nourish you have been debunked by every ex-vegan and vegan alive. I personally have helped more than 60 ex-vegans to reclaim their health, and I've heard their stories and seen their extreme health-problems and deterioration first hand. And I know many carnivore-based coaches who have done and seen the same. The suffering is real and most stories are heartbreaking. We see mental and cognitive decline, hair turning gray and falling out, tooth decay and teeth rotting and falling out, bone and skeletal deterioration, sunken in eyes, skin rashes and blotches, tumors, digestion problems, multiple visits to the toilet every day, hemorrhoids, flatulence, constant hunger and cravings, muscle loss, loss of fertility, extreme aging, weakness and fatigue, lying about not cheating and having the occasional animal-based food just to stay out of bed, and so on, and on, and on.

There are countless of such interviews of ex-vegans all over the internet, and they all tell very similar stories to what I heard from every single ex-vegan client I helped. Once you go vegan and you run out of your previous nutritional stores, it all goes downhill from there. Some can manage for years, while most can only manage for a couple of months. And those who claim to go on for longer cheat all the time and lie about it – the truth always comes out once they give it up, no matter if it's after one year or 10 years of misery. Just the simple fact that there are more ex-vegans than vegans prove that it is not sustainable, and that it is extremely unhealthy. Actually, every current vegan is an ex-vegan in the making. This is just the simple truth.

And as for what we should be eating, it's extremely obvious and all it requires are some common sense and logical thinking. Humans and animals are made up of flesh, blood, bones and organs, and these parts and cells require the same nutrients to function among all species. All those nutrients we need in order to live and thrive are stored in any kind of tissue on a cellular level. This is true for any animal or species. So, the flesh, organs, bones, blood, and anything produced by an animal such as eggs or milk contain all the bioavailable nutrients that we humans need and are made up of ourselves, and that can be directly absorbed and utilized by us without any kind of costly enzymatic conversion. The animal has already done all the job for us by converting whatever it has consumed into bioavailable nutrients that are then fully available within them.

And keep in mind that not even herbivores (there is no such thing) live on plants alone. All so-called “herbivores” will eat insects, bugs, and any small animal such as rodents or birds given the chance in order to get the nutrition it needs. Anyone telling you different has never sat a foot in nature and looked at animal behavior. Also, ruminants actually get most of their nutrition from bacteria.

Again, in complete contrast to vegans, we know of tribes and people who live or lived solely on animal-products (meat, blood, and raw milk) or even solely on meat and/or fish alone, and have done so their whole lives without ever being sick or developed any “modern disease” or nutrition deficiency as seen in every single vegan.

In all simplicity, meat from ruminant animals contains everything we need to live and thrive. Same goes for eggs that contain everything needed to produce a life – or for raw milk who contains everything to feed and develop a life. Organ meats are even more concentrated with nutrients and can function as the occasional treat to guarantee optimal nutritional status.

And finally, all plant foods, such as vegetables, grains, nuts, and seeds contain a lot of defense chemicals that hurt and kill our cells, antinutrients that block mineral absorption, fiber that block protein absorption and hurt our intestines, carbohydrates that causes blood sugar issues, a host of modern diseases, and destroys our metabolism, and of course a lot of pesticides that poison you.

So, no, using plant-based crap in any kind of meal plan is contraindicated and harmful. Just stop it! Admit that you have been deceived, relearn, and do it right. Not only for you own health and that of your family, but especially if you intend on helping others.

Humans are carnivores. We have the ability to tolerate some plant foods for short periods of time, as a survival mechanism if real food is scarce. But simply surviving on a typical “balanced diet” is a far cry from thriving. Unless you truly follow our species-specific and appropriate animal-based diet, you do not know what it is to thriving, to be fully living.

If you need help with your own diet or if you’re a dietician, nutritionist, coach or trainer that want to actually do a difference and help your clients, I’m available for coaching and consultations. I have more than 30 years’ experience of coaching, including most sports and body-specific transformations such as bodybuilding and fitness. I’ve been fully carnivore since early 2018, which completely changed my life. You can read more here:

| [Online-Coaching and Education – Animal-Based Nutrition](#)

Fructose MD 'CowsEatGrass' Controlled Opposition Shill Lying to You!

JB bartoll.se/2022/08/sugar-psyop

August 3, 2022



I see vile creatures lying on the interwebs – posting some small truthful bits and pieces about meat, organ meats, and cholesterol only to cover that he's shilling for big sugar. I'm not sure if this is "Carnivore Aurelius" going Full-Shill-Retard, or if it's the gatekeeper Honey-boy Paul Saladino. Who cares anyway? It's a vile lying imbecile piece of shit.

Carbohydrates, as in sugar, is extremely toxic and that is why blood sugar control is prioritized because a tad too much would kill you. If you do not know this, or if you got fooled by this charlatan or the likes of him/it, please read the articles below.

Carbohydrates are NOT our body's preferred fuel (TOXIC!)

| [Carbohydrates are NOT our body's preferred fuel](#)

Know Your Poison: Deuterium (from carbohydrates):

| [Know Your Poison: Deuterium](#)

Those shills saying that ketogenic diets can be dangerous:

Stupid misconceptions about “Ketosis” and ‘Ketogenic Diets’

Also, Bart Kay has addressed numerous of these evil and extremely dangerous ‘sugar’ charlatans...



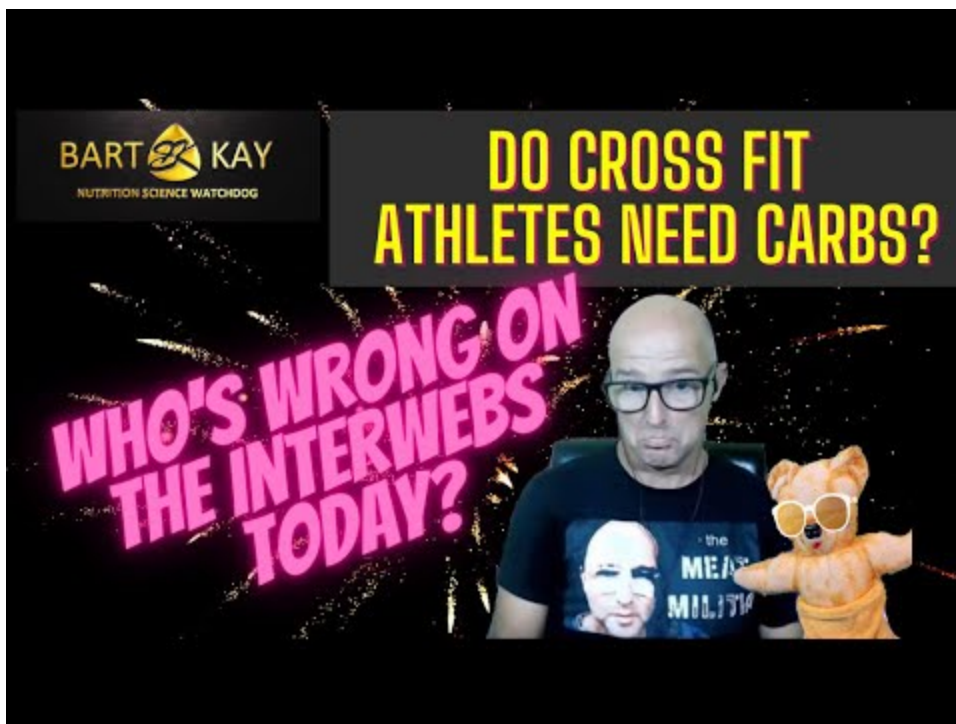
Watch Video At: <https://youtu.be/uRP-2F7D4EM>

He recently put Honey-boy in his place.



Watch Video At: https://youtu.be/_wA2b0O6qbY

No-one ever need carbohydrates!



Watch Video At: https://youtu.be/iPh_yXF0YdY

More on Saladino...



Watch Video At: <https://youtu.be/A-a-vDIznyY>

How Much Fat Should You Consume on a Typical Carnivore Diet? And a Few Words on Digestive Issues

JB bartoll.se/2024/06/fat-intake-on-carnivore

June 21, 2024

I get a lot of fat-related questions, including requests for help regarding digestive issues among those who want to transition to our natural species-appropriate, species-specific carnivorous way of eating. Most of these questions are from my consulting services and some issues require some fine-tuning back and forth to slowly heal and get the digestive system working again. With that said, there's a lot that you can try that is fairly simple and straightforward without needing to throw a couple of bucks my way, although I would really appreciate that, and those are the steps I will cover in this article. But first, let's cover the 'fat issue,' as many who try and adopt our natural diet fall short on fat intake, or simply consume fats the wrong way – especially if they have digestive issues from their previous unnatural diet that contained toxic plant chemicals, carbohydrates, and fiber.

How Much Protein?

First, let's get protein out of the way. I've touched on this in many articles. This is kind of the first step to look at so that you have a baseline for how much to consume to cover your natural protein turnover, as in cell- and tissue repair and regeneration. Simply look up the meat you like to consume in any food database to get an idea of its protein content per 100 grams or equivalent measurement. And while you're at it, also take note of the fat content. You might be surprised that it can be quite low in many cuts, and that is why you will need extra fat added to your meals unless you solely consume minced ground beef with a fat percentage way above 20%. But we'll get to that.

Now, for normally active people who do not regularly exercise, about 1.75 grams of protein per kilogram of lean body mass is a good target. If you weigh 70 kg and are fairly lean, your lean body mass might be around 60 kg, which means that you will need about 105 grams of protein a day as a minimum.

For those looking to build muscle mass, around 2.4 to 2.6 grams of protein per kilogram of lean body mass is a good target. Again, with a lean body mass round 60 kg, that would be around 140 to 160 grams of protein.

Now, there's no problem with consuming more protein, not unless you somewhat match it with your fat intake. However, going over 2 grams per kilogram of lean mass is quite wasteful unless you take performance enhancing drugs as in testosterone injections or SARMS. Excess protein does not directly convert to glucose in the bloodstream, contrary to a common belief — especially not if you are fat adapted, as in running on your natural fat-

based metabolism and your body is used to being in ketosis. The body has several unique mechanisms to handle excess protein, which is essential for maintaining ketosis. While you might temporarily get out of ketosis if you consume a large portion of protein, it will quickly be dealt with.

Protein is used for tissue repair and regeneration, for making enzymes and hormones (together with fats,) and for meeting the body's need for glucose by transforming both protein and fatty acids into glucose via gluconeogenesis. Any excess will be broken down and will saturate the amino-acid pool and after meeting any energy requirements as in converting to glucose and ketones, the rest will be eliminated as waste and excreted in the urine.

The Problem With Not Matching Fats With Protein

With that said, your body will always do what it has to do to meet its energy demands. And this means that if you do not get enough animal fat, which is our energy source, or if you can't absorb all the fat you consume, your body will have to rely on gluconeogenesis to provide some of the energy needed for bodily functions and for simply moving around. This means, especially if you're not fat adapted, as in used and conditioned to run on our natural fat metabolism, that you will be relying on protein and some fats for making glucose. However, there is a 'safety' upper limit for the amount of glucose that your body can produce. Remember, glucose is very toxic to soft tissues, which is why consuming carbohydrates is so damaging to our bodies. Your body will not be able to make as much glucose as you were used to when consuming unhealthy carbohydrates, as that provides extremely unnatural levels of glucose in the blood, levels that are highly toxic. And your body will never produce such levels, as in hurting itself. It will only produce as much glucose that is needed within a safe range, a range of blood glucose that does not damage our soft tissues. Keep in mind that gluconeogenesis, our way to produce the glucose we need, is simply meant for certain tissues and for very explosive movements, as in sprinting, fighting for your life, or when lifting something heavy in an explosive max-effort manner. All other energy requirements, such as moving around, walking, jogging, or even running are solely dependent on fat for providing the energy needed. And when being fat adapted, you can easily tap into your body fat for almost unlimited energy.

So, if you struggle with energy, if you feel tired or sluggish, it's not that you consume too much protein, it's because you either consume too little fat, or that you do not absorb fat properly.

How Much Fat?

Again, we will use a ratio system compared to protein. The ideal ratio for most people is about 1:1 in grams or any equivalent measurement. But most of the time, you will need more fat, especially if you are active or you will run out of energy and start to use up a lot of body fat to compensate, which again will make you tired and low on energy.

The higher end is about a 2:1 ratio of fat to protein. This might be necessary if you're not into building muscle mass and rely on about 1.75 grams of protein per kilogram of lean body weight, but you are still very active. A higher fat intake might also be needed if your body has trouble absorbing fat. In that case your stools might be greasy and even float.

So, again, at 60 kg of lean body mass, a minimum would be 105 grams of protein (1.75×60), and thus a minimum of 105 grams of fat. This is what you should begin with and evaluate. Likely, you will need to increase your fats a little bit, depending on your activity levels.

If you are active, you can start with a 1.0:1.25 ratio of protein and fat, which would be 105 grams of protein and 130 grams of fat in our example, and adjust from there.

If you've been on a carnivore diet for a while and still struggle with energy levels, first make sure that you get enough protein, and then look at your fat intake. Again, use any food database that is available on the internet and then calculate your estimated fat intake from what you normally eat in a day. Does it reach a 1:1 ratio? If it does, then you likely need more than that. So, simply add in more fat and keep doing that until you feel good. For example, add in 20% more, as in going from 105 grams to about 125 grams. Do that for a week and evaluate. Still sluggish but digestion is fine? Add another 20% to about 150 grams. And so on. Keep each change for at least a week to evaluate and to let your body adapt by upregulating the production of bile and pancreatic enzymes.

Digestive Problems and How to Best Consume Fats

Loose stools or even diarrhea are usually from your body lacking in bile and/or pancreatic enzymes. Thus, you have a problem breaking down and absorbing fats. The only way to get around this is to heal your body as it's been abused by your previous unnatural diet. You can either start slowly with finding a fat intake that your body can handle, even if it's lower than a 1:1 ratio, and then increase your fat intake by 10 to 20 grams every week and evaluate. Another option is to supplement with ox bile and pancreatic enzymes. When you find your tolerance and your digestion is fine, keep that dosage for a week or so, and then slowly start reducing your supplementation to slowly condition your body to upregulate its own production. This strategy might be warranted if you have had digestive problems for a while and are undernourished and underweight, as it will allow you to eat more right from the start (with the help of the supplements.) If you need help with this, you can contact me through my consulting services and I will guide you step by step.

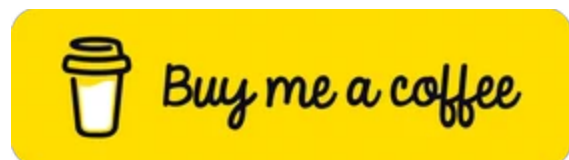
As for fat sources and helping with digestion, I recommend that you consume your fat as naturally as possible. This means that you will have a much easier time digesting fats if you consume the fat as uncooked and unheated as possible. Never overcook fats or heat them

too much. While a fully healthy digestive system will be able to handle it, a compromised digestive system will not, especially if you have a damaged small intestine or if you do not produce enough bile or enzymes.

Try to focus on fattier cuts of meat and either eat them raw (best) or just slightly cooked as in rare or medium rare. As for egg yolks which are the perfect supplement food, always consume your yolks runny, preferably untouched as in raw. If you do sauces or gravy, do it on very low heat and use butter, heavy cream, tallow and/or lard. If you like butter or ghee, consume it as it is with the meal or just put a big chunk on top of the meat as it rests, just letting it melt a little.

And also, as I've mentioned many times, never drink anything right before a meal, during a meal, or the hour after a meal! Water or any fluid will dilute your stomach acid and also delay digestion, and if your body struggles with producing bile, this will make it worse! Only drink between meals if you have to.

If you need any more help on this topic, or with transitioning to our natural species-appropriate carnivorous way of eating, I'm available for both coaching and consultation. And if you found the article helpful and enjoy my free information, please consider donating to help pay the webhosting bills and keep the site running. Thank you!



If you wish to support my work

Online-Coaching

Personalized Animal-Based Coaching Guides



Human History: Losing Body Fat is Not Hard

JB bartoll.se/2024/01/humans-in-nature-losing-body-fat

January 28, 2024

Losing weight is hard. Here are 5 things to keep in mind

By Andrea Kane, CNN

🕒 5 minute read · Updated 8:31 PM EST, Fri January 26, 2024



(CNN) — If you think it's hard to lose weight and keep it off, you are not alone — and you are also 100% correct. Long-term weight loss is really difficult to achieve, studies have found.

Estimates vary, but it's believed that more than 80% of people who lose a substantial amount of weight regain it within five years.

The other day CNN featured an article on "weight loss," kind of glorifying body fat as a survival tool, which it once was while claiming that it's really hard to lose it, which it absolutely is not. While the article is biased, it's not that terrible for something published by the Jesuit-controlled CNN. Let's break it down.

“(CNN) — If you think it’s hard to lose weight and keep it off, you are not alone — and you are also 100% correct. Long-term weight loss is really difficult to achieve, studies have found.

Estimates vary, but it’s believed that more than 80% of people who lose a substantial amount of weight regain it within five years.”

If you have any kind of discernment and logical thinking skills, you should be aware of the fact that a lot of people actually are successful in quickly losing body fat and/or staying lean, which simply means that the approach taken by the majority of clueless people, dieticians, nutritionists, doctors, and other charlatans are the problem.

What these so-called “studies” show is that people are frikkin’ clueless about long-term fat loss, and the problem is the diets, the idiotic energy/calorie restriction dogma, and the even more idiotic choice and definition of food, as in which “food items” people consume on these “diets.” We’ll get to that later.

“But failure to shed pounds is often not about lacking the willpower to make important lifestyle changes, such as eating healthier, reducing calories and increasing physical activity. The dirty little secret is that our bodies are programmed by evolution to hold on to fat.”

No, our bodies are not programmed to “hold on to fat,” as fat is simply our reserve “fuel tank.” However, our bodies are programmed to store fat in favorable situations, as when you consume sugary/carbohydrate foods and blood sugar needs to be lowered or you would die, and most people has also damaged their bodies to become less efficient in using fat as fuel, as they are constantly poisoning themselves with consuming carbohydrates.

However, a healthy human who follow their natural species-appropriate, species-specific diet of animal protein and animal fat will have no problem to tap into body fat for extra energy, as they are used to run on our natural fat metabolism. Humans living in nature does not always have access to food on a daily basis. In nature we feast and then we fast, and that is what we are built for. And as a note, humans who eat according to their physiology, as in our natural carnivorous diet, usually only achieve a healthy level of body fat, as it’s almost impossible to become overweight by consuming the right natural foods. However, such a natural level of body fat, where muscle bellies are still visible and defined, can sustain you for a month or more without food.

“All animals need some fat, but humans have evolved to have exceptionally high levels of fat, even thin humans. And so we are under exceptional sort of biological pressure, always, to put it on and keep it as long as we have it, for when we need it.”

Although a bit exaggerated, this is true. Humans, even when looking muscular and fit, still has more bodyfat than most other carnivorous animals. And this is because we have a larger brain that need fat, and we are constructed to survive, to use our wits to hunt and get fed,

and to multiply. However, that does not mean that we need to become overweight, which is not natural. That is the result of consuming the wrong kind of foods, both poisoning ourselves with toxic plant defense chemicals and carbohydrates. I explained this in my article, [“What Makes You Fat?”](#)

Historically, real humans in tribes have always been lean and muscular and never what we would consider overweight or even slightly “puffy.” That only happened once agriculture emerged and we went from consuming real animal-based food to plant-based slave food slop such as grains, seeds, and later man-made vegetables and foods such as bread, pasta, cereal, and so on.

“And while our bodies haven’t really evolved from those earlier times, our environment has — and that is, what Lieberman called, a big mismatch. Nowadays, we don’t have to run from wild animals, travel long distances on foot, or hunt and gather our next meal. We can pick up a smartphone to call an Uber or Uber Eats and experience all manner of modern conveniences. As a result, many people now live with weight issues and obesity, and all of the “mismatch diseases” that stem from that.”

This is true, but the big ‘elephant’ in the room is still the “food” itself. Every single person with a ‘weight problem’ consume toxic plant-based foods. And while we can tolerate and detoxify from the occasional bad food, consuming them daily, and even several times a day, or as in every single meal, is catastrophic for our health and physique. You are literally poisoning yourself every time you eat.

Now, if every single person would instead consume only species-appropriate, species-specific foods, not a single person would become overweight, much less obese. No matter if you could call an Uber or Uber Eats to get you some meat or eggs. I’ve never seen an overweight human who are strictly carnivore. It’s impossible, since you are always satiated and would need to force feed yourself to a degree of extreme nausea daily for months to become overweight on natural satisfying foods. The real problem is still the man-made foods, any food that contain anything derived from the plant kingdom, as they all contain highly toxic carbohydrates, seed/vegetable oils, antinutrients, defence chemicals, fiber, and pesticides.

“And so, of course, it’s hard. It’s because we evolved not to lose weight intentionally. And so, losing weight requires dieting, requires tricking your body and overcoming those adaptations — which your body’s going to fight you every, every inch of the way.”

No, this only happens when you have damaged your body, something that can be reversed, although it may take weeks or even months to heal and become fully fat adapted again. But once you are, and once you consume the right and appropriate foods, losing that fat weight is easy. In simplicity, you consume the right nutritious foods until satiated, then you do some

fasting to heal, detoxify, and use body fat as fuel. And when you are nourished from real food, you never get hungry, and you never get cravings. Those feelings (symptoms) are a sign that you are consuming the wrong foods, that your diet is lacking.

“Not all humans are meant to be stick figures or willowy waifs — no matter what you see on television, at the movies or on social media. Fat is especially important for humans. Even thin humans have between 15-25% body fat, which is three to four times more than most mammals.”

No, these are silly excuses. We are all born the same and your body fat mass is governed by your toxic exposure and the foods you consume, both what you eat and how much you eat. It's that simple.

And this is why it's so important to give our children the right foods, as in solely animal-based foods. As a parent, you are setting the stage, the foundation for your child as they grow and develop into adults. If you destroy their metabolism, poison them, let them become overweight and make them believe that man-made plant-based foods are natural, you have set them up for utter and total failure.

And natural body fat levels are about 8% to 15% in men and 12% to 25% in women. At these levels, even at the upper half, some muscle definition is visible, such as the outlines of the abdominal muscles, and visible separation between shoulder and arms.

“For most of human history people regularly cycled through times when they took in more energy than they used and stored the surplus as fat and then drew on those fat reserves during lean times when they used more energy than they consumed.”

So, now you admit that body fat was easily accessed and used during times of scarcity. In other words, a healthy human can store a bit of extra body fat in times of surplus and then easily use it in times of shortage. Guess what? The same is true today, if you have a fat adapted body. Storing and losing body fat is a natural function of our physiology. It's not hard, it's not difficult, not unless you sabotage your physiology by consuming crap, by poisoning and damaging it.

And even if you have been deceived into doing that, it can still be reversed if you simply start working in natural harmony with your physiology.

“Lieberman said dieting triggers the body's starvation responses that cause dieters to crave food and save energy by slowing down their metabolism. So when people diet, they almost always struggle to overcome ancient, fundamental adaptations to prevent their bodies from losing weight.”

Regular energy restrictive dieting, as in eating less, or reducing “calories,” will be perceived as starvation. However, this is mostly because people rely on plant-based foods which are totally void of bioavailable nutrients. In other words, most people are nutrient deficient. They

are overfed on energy-giving macronutrients, but underfed on vital and essential micronutrients. They are overfed, but still malnourished. And when you are lacking in essential nutrients your body will respond with hunger and cravings, to desperately get you to consume more food to fill that void, to make sure you actually get the nutrition you need. However, as that nutrition cannot be found in plant foods, and only in animal-based foods, it's a vicious cycle of overeating, always chasing nutrients, but never getting them because they continuously consume the wrong foods.

And this is also why diets and dieting does not work long-term unless you consume your species-appropriate foods, unless you actually get bioavailable nutrients, and especially animal fat and animal protein.

"If you are wondering which is more important for weight loss — exercise or dieting — the answer is both, but for different reasons.

You can lose more weight by dieting than exercising. But exercise helps prevent gaining or regaining weight, plus it has many, many other benefits for both mental and physical health."

Actually, no. Some exercise is good for keeping a survival baseline of fitness and being able to do some difficult tasks if the need arises. That, however, comes from physical work or some simple and low frequent strength or bodyweight training, and that is something that should be done all throughout your life, and not temporarily for "losing body fat."

And doing additional exercise for "weight loss" only means extra stress, and it also set you up for a greater energy demand. And what do you think will happen once you no longer can or lost the interest in keeping up that exercise regimen? Yes, your energy demand will drop, and the amount of food you are now used to consuming will be too much, and you'll begin adding back fat weight again.

So, that was their article. Some small grains of truth, twisted and hidden behind some big lies and deception, as they always do – never approaching the core lie, that of the food items themselves. Remember, the biggest industries in the world are the food industry and the pharmaceutical industry. They work hand in hand to keep you weak, sick, docile, and to maximize profits by making you a good consumer of their toxic crap products.

If the truth about human nutrition and disease became widespread public knowledge, these industries would collapse. Not to mention that people would become strong, energetic, and self-aware again, and would thus likely revolt against the slave beast system.

If you need help transitioning to our species-appropriate, species-specific diet and/or with fat loss, I'm available for both coaching and consulting.

Online-Coaching and Education – Animal-Based Nutrition

I Transitioned to Carnivore and Got Worse – Understanding Healing and Detox

JB bartoll.se/2024/06/healing-on-carnivore-diet

June 9, 2024

This is something I see from time to time in my social media feed from Carnivore groups – and of course, from some feedback from my own clients (who are prepared and understand it) and from our uncensored community at Ungovernable.se. While it's broad subject, I'll try to narrow it down and make it as short as possible.

Let's cover the basics first, and these facts are undisputable. Humans are obligate hyper carnivores and our natural state is to be fat adapted and in ketosis. We do best and thrive on the flesh and fat of animals, preferable raw meat and organs (once your digestive system has had some time to heal.) This also means that if we consume anything else, as in anything from plants or anything that is man-made, as in processed foods, and especially carbohydrates, we do harm to ourselves. Even worse, if the majority of our diet is from these non-human foods, we will have one or several nutrient deficiencies. We might be overfed from all the garbage, but still malnourished from the lack of actual bioavailable nutrients, the nutrients that are only found in animal-based food.

In conclusion, based on **anthropological, physiological, and biological** evidence, humans are carnivores that have evolved to thrive on a diet rich in animal-derived nutrients. While we can tolerate plant-based foods as emergency sustenance, they are not a natural staple of our diet.

In conclusion, ketosis and fat adaptation are natural states for humans, as **our bodies are capable of manufacturing all the glucose we need through gluconeogenesis**. This process allows us to thrive on a diet rich in animal-based foods, with minimal carbohydrate intake. By understanding the interplay between gluconeogenesis and ketosis, we can appreciate the remarkable adaptability of the human body and its ability to optimize energy production in response to changing dietary conditions.

Being malnourished means that your body is not working optimally, or most of the time not even subpar. While the nutrient deficiencies can cause a lot of ailments, the compromised ability to detoxify and heal is much worse in the long run, as toxic waste will build up inside

our bodies and the damage done by antinutrients, defense chemicals, and other toxic compounds can not be repaired as quickly as they occur. In other words, if you consume a lot of the wrong edible things you are poisoning yourself creating damage and toxic buildup.

Now, your body will try to detoxify when it can, especially when the toxic buildup is becoming threatening. However, when most people experience this, as in a cold or flu, they turn to drugs or remedies to alleviate the symptoms. And symptoms are simply part of the detoxification and healing process, as in what you experience when the body remove toxins and start healing tissue. If you lessen or stop the symptoms, you simply stop this process and the buildup of toxins continues. If this cycle is repeated, your body has no other option that to shield off the toxins from the rest of the body by forming tumors. I've explained all this in several articles, please check my Quick Start archives for a deeper understanding of this.

When you first start Carnivore

So, what happens when you start to transition your way of eating into Carnivore, as in adopting our species-appropriate, species-specific diet of animal-based foods?

The first thing that happens is that you suddenly have all the missing nutrients your body has been craving. Many people will notice this in heightened mental clarity and awareness, especially those who have been deceived into the anti-human dogmas of veganism, fruitarianism or vegetarianism. This improvement in mental health can be quite impactful, and it's something that will be ongoing for many years, as your brain starts to heal – improving memory, reasoning, mental sharpness and the ability to focus and concentrate, and so on.

The next thing that usually starts to heal is your digestive system, as you have removed all the extremely damaging fiber and other plant-matter that contains a lot of antinutrients and defense chemicals. This can also be ongoing for years and while you should have perfect firm one-wipe stools on carnivore, you can still experience loose stools or diarrhea due to detoxification and healing on occasion.

Other small ailments that have been noticeable might also start to improve, while some might actually get worse. This depends on the scale of the damage you've done through the years. Remember, detoxification and healing are done by the assist of bacteria (and sometimes fungus,) while the area experience an increase in blood flow, fluids, and temperature. This is what is called inflammation and it can cause pain, swelling, redness, heat/fever, and even loss of function – as in the area becoming stiff, weak or immobile.

And as your body prioritizes different areas for healing, usually one at a time, and the fact that healing and detoxification is a very slow process, you will likely experience these “bursts” of healing and detoxification on and off for many, many years after you finally gave your body a chance to heal by adopting our natural way of eating.

I got this and that after going Carnivore

This is something we see often as 'clickbait' on YouTube or as an argument that Carnivore is bad for you. For example, someone might have claimed having 'heart issues' from some "blood panel" showing "concerning numbers" for cholesterol (HDL/LDL,) complete blood count (CBC,) and Homocysteine after a couple of years as Carnivore. Well, if you have any logical thinking skills and at least the common sense of a child, you should be able to figure out that all those years you consumed process garbage did a lot of damage to your cardiovascular system and now, when your body finally has the tools to try and repair that damage, all those 'blood markers' are elevated because they are needed in the repair process. Yes, I covered this in depth in many articles.

According to biological and physiological principles, elevated cholesterol levels in the blood are not solely a result of dietary intake or liver production. Instead, **high cholesterol is often a sign of extensive cellular damage that requires repair.**

When LDL levels are elevated, it indicates that tissues are actively repairing and rebuilding themselves. This is because LDL is delivering cholesterol to these areas to support the repair process. In this sense, high LDL is not a negative indicator, but rather a sign of physiological activity aimed at maintaining tissue health.

The same is true for higher levels of cortisol, which is also needed for providing you with more energy and aiding the healing process. I explained this in-depth in my article "All Sugars/Carbohydrates Turn into Toxic Glucose." However, it's a topic that shills use when trying to discredit ketogenic and carnivore diets and claiming that we need toxic and damaging carbohydrates.

According to physiology and biology, cortisol plays a vital role in regulating **cellular repair** and metabolism. Here are the key points:

- **Gluconeogenesis**: Cortisol stimulates the liver to produce glucose from non-carbohydrate sources, such as amino acids and lactate, through the process of gluconeogenesis. This ensures a steady supply of energy for the body's cells.
- **Protein metabolism**: Cortisol regulates protein breakdown and synthesis. While it activates enzymes that break down proteins, it also promotes the conversion of amino acids into glucose, which can lead to muscle wasting and decreased protein synthesis in cases of chronic elevated cortisol levels.
- **Cellular repair**: Cortisol's anti-inflammatory and antioxidant properties help protect cells from damage and promote repair. It also regulates the immune response, ensuring that damaged cells are properly cleared and replaced.
- **Metabolic regulation**: Cortisol's effects on glucose and protein metabolism are crucial for maintaining proper metabolic homeostasis. It helps regulate blood sugar levels, ensuring that cells receive the necessary energy for proper function and repair.

In fact, anything you might notice on a blood test (which are mostly totally useless) or experience as symptoms are from your body healing all the previous abuse. Remember, your body will never do something wrong or to hurt you. It is made for survival; it's made to keep you alive for as long as possible. That is why you can get away with so much abuse in the first place. And yes, as I said previously, new symptoms and ailments can pop up after several years, as your body finally got to correcting it.

Depending on how much toxins your body has stored/shielded away, you might experience detoxification symptoms on and off for years, even decades. And keep in mind that some of these toxins, especially the antinutrients from plants, are discarded through the skin and can appear as dandruff, flaky skin, or even rashes. Again, these are natural processes of detoxification and healing and not a "reaction" to a diet that is species-appropriate, which would be ludicrous to claim.

In other words, do not blame your species-appropriate way of eating on what you caused in the past by following the elite's deception of what food and diet is.

There is zero chance of any new damage being done when you consume the right food that is appropriate for your species and physiology. And as you get fully nourished, you will also be much more able to handle stress, so stress related issues will also decrease over time.

Same is true for mental traumas and biological conflicts as described in [German New](#)

Medicine. Once you are fully carnivore and has been healing for a while, you are simply much more resilient to any kind of ailment or “disease.” You will also be much stronger in your psyche, and thus be able to handle mental trauma much better.

Please check the links in the article, recommended links below and my archives for much more information on this and how your body actually functions. If you’re still unsure, if you need help of feedback, or if you have questions about your health or approach to the carnivore diet, I’m available for both coaching and consulting sessions.

And if you found the article and my insights helpful and enjoy my free information, please consider donating to help pay the webhosting bills and keep the site running. Thank you!



Buy me a coffee

If you wish to support my work

Online-Coaching

Personalized Animal-Based Coaching Guides



More on Fish Oil/Omega-3

JB bartoll.se/2024/04/how-to-take-omega-3

April 28, 2024



We've Been Taking Fish Oil Wrong, and You Have Too

■ T Nation Content articles, diet-nutrition



As I'm a bit pressed on time this Sunday morning, this will be rather short and based on a recent article published over at [T Nation](#) called, "[We've Been Taking Fish Oil Wrong, and You Have Too.](#)"

Oh, okay then. Are you going to admit that most fish oil supplements are rancid and toxic once being consumed and that we all are better off simply consuming some fatty fish now and then, or sticking to grass-fed beef?

After a few quick words on how omega-3's can help with body-composition, assist in healing, and improve cardiovascular health, the writers at T Nation jumps into a few "studies."

The Studies

“One study showed “no significant benefits” of omega-3 fatty acids when ingested with a relatively low-fat breakfast meal.”

Yes, you should not consume ‘low-fat’ meals. Actually, you should never have a meal that is low in fat, as fat is our energy source and also needed for a multitude of bodily processes, including that of making hormones.

“Another study found that the absorption of DHA and EPA, the predominant omega-3 fatty acids crucial to human health, was three times higher when volunteers ingested them with a fat-rich meal (44 grams of fat) than when co-ingested with a low-fat meal (8 grams of fat). And yet another found plasma concentrations of DHA and EPA were five times higher when administered with a high-fat meal than with a low-fat meal.”

Yes, this is not something new and its common sense. Even back when I recommended fish oil or ‘omega-3’ supplements, I always told my clients to take them with a meal – a meal with plenty of animal fat. I’ve mentioned this in many articles, including the outdated “Supplements we use” from 2015. That was almost 10 years ago.

Also, 44 grams of fat is not a lot. My main meal of the day, which is my last meal of three, that I have at 2.30 p.m., consist of about 110 grams of protein and 110 to 120 grams of fat. Usually, it’s raw beef with butter and 6 eggs.

In nature, omega-3s always comes as part of the fat content in an animal. So, if you take a concentrated source of omega-3, as in a spoon of fish oil, or a few capsules of an omega-3 supplement, most of that fat will be oxidized as our bodies use fat as energy. Same if you take it with a meal low in fat, especially if it’s low in animal fats.

However, if you mimic nature and take it with some animal fat, some of the saturated fat will be used as energy and more of the EPA and DHA will be available for other processes.

The Solution

“Dinner, typically, is the fattiest meal of the day. It’s when we usually eat the bulk of our meats (the leanest of which is still pretty fatty) and the majority of our olive oils or other cooking oils. It’s then that we should be taking fish oil capsules. And as a bonus, taking fish oil in the evening helps tamp down stress and excessive cortisol.”

Damn, you guys are still so trapped in the retarded bodybuilding- and fitness lifestyle of extreme pseudo/bro-science. First, there’s no reason to have a “traditional” dinner, as in eating a large meal late in the day, and there’s also no reason for it to be the largest meal. But if that fits your lifestyle, you should make sure that it’s at least 4 to 6 hours before you go to bed, so that you go to sleep in a somewhat fasted state, which is crucial for recovery, healing, and detoxification. I covered the importance of this many times.

Also, you should always aim for the fattiest cuts of meat, as those are the most nutritious. The leaner the meat, the less nutrients it contains. Still, a lean cut of meat, or even a worthless chicken breast, is a thousand times better than any vegetable or plant-food, but that's not the point. You need animal fat. We are made for consuming animal fats!

So, I guess their big revelation was to take omega-3 with a meal high in fats, something many of us have recommended for at least 10 years now. Heck, I think I first mentioned it when I was Editor in Chief at Exhale All Sports Magazine back in 2003 (or if it was Ironman Magazine Sweden back in 2001) – when fish oil and other 'oil blends' such as "Udo's Choice" had become popular and was heavily used in the fitness community.

Again, with this being said, if you are concerned that the meat you consume might not have enough omega-3, or that you do not consume any fatty fish, and you opt for a fish oil or an omega-3 supplement, always do a taste test every time to consume it. Chew those capsules! If the oil is quite neutral tasting, it's good. If it has any kind of aftertaste, especially similar to flaxseed oil, corn oil or any other bitter or harsh taste, it's rancid and very toxic. In that case, do not consume it.

Pros and Cons of Working with a



I've always been a forerunner within the fitness industry. Even before my real awakening in 2018, I never considered becoming a registered nutritionist or dietitian, even though I had the educational background and years of experience. I could easily have provided the answers they were looking for, but that would have meant that I had compromised what I knew was right. Even back then, in the late 90's, I knew that carbohydrates were bad for your health and that we as humans were made for a ketogenic 'fat-fueled' lifestyle. I knew that meat and animal fats were important and should always be the pillar of your diet.

However, the nutritional field back then was dogmatically afraid of all fats and focused on toxic carbohydrates. Later, after the 80's and 90's fat scare, they instead began promoting the extremely toxic seed/vegetable oils.

If you actually care about people and their health, you cannot be a part of such bastardized and evil organizations. I covered this in my articles "Understanding Nutrition and Breaking Free from Ideology and Pseudoscience" and "Food and Nutrition Made Simple."

Now, a week ago or so, the pharmaceutical shill-website Healthline published an article about 'nutritional coaches' and the 'pro' and 'cons' about working with them. Let's see what they say, and I'll give my 30+ years of working in the field take on it.

Their preamble begins with a few questions meant to pique your interest; however, they are as shallow as their website's content.

"Have you ever found yourself staring at a nutrition label wondering what everything means? How about struggling to figure out a way to eat more fruits and vegetables each day? If so, you might benefit from working with a nutrition coach who can offer guidance and support for your health and nutrition goals?"

If your "food" comes with a nutrition label listing ingredients, then it's not a food. It's man-made garbage. Do not consume it.

And both fruits and vegetables are contraindicated to the natural human diet — and they are nowadays man-made too, engineered and nowhere to be found in nature. They are toxic and the little nutrition it might hold is not bioavailable to humans. Just throw that toxic slave crap in the bin.

What exactly does a nutrition coach do?

"When you work with a nutrition coach, their primary role is to offer nutrition education, advice, and accountability as you work toward improving your health."

Yes, that is pretty much it. And that's what I've been doing myself since the early 90's.

"Because most states have strict requirements for nutrition services, there's a limit on the services that a nutrition coach can offer. For example, a nutrition coach can't diagnose health conditions, prescribe interventions, or treat medical conditions."

Yes, because the inverted medical field and their evil pharmaceutical companies want their piece of the pie. That is why you have the pseudo-science of "modern medicine" with juvenile excuses for illness such as transmittable diseases, viruses, and other nonsense, when in reality, all disease comes from within and can be fixed with our species-appropriate diet, with fasting, and/or by working with your psyche (as many diseases manifest from mental trauma, stress, fear, and conflicts.)

“A nutrition coach can also offer general nutrition education and advice to larger populations of people. So, in addition to one-on-one coaching support, you might also find nutrition coaches holding nutrition workshops and classes.”

Yes, and these workshops are only as good as the ‘nutritional coach.’ If he or she is educated or based in the bastardized and inverted “nutritional science,” it will be just as bad as going to a registered nutritionist or dietitian.

But I’m getting ahead of myself, we will come back to the differences between the practices later.

What are the benefits of working with a nutrition coach?

“With the guidance of a nutrition coach, you have someone on your team who can help you discover what your health goals are and offer advice on how to reach them. A good nutrition coach doesn’t just tell you what to do — they teach you what you need to know so that you can take the steps yourself.”

Yes, this is actually true. And that’s the approach I’ve always had, while other coaches only handed out meal plans to follow, as they wanted the clients to come back for more every time they needed to go on a diet or prepare for a competition.

As for competitions, whatever field you might be in, it’s always good to have a coach supervising what you do and that can keep you on track. However, for most people, what they need is a plan and the basic understanding of how it works and how they can continue on their own. It’s not economically feasible for the average person to work with a coach for months or even years on end. They need a foolproof and basic plan, and the knowledge to tweak it a little as they go. If they screw up or get stuck, they can always come back for some simple consultation. No need to buy new programs or months of coaching for hundreds of dollars. Well, that’s my approach anyway, and most sensible nutrition coaches operate in a similar way.

“Another possible benefit of choosing a nutrition coach instead of a dietitian is that their services may be cheaper. Some dietitians charge upward of hundreds of dollars an hour for their services, which aligns with their experience and expertise in the field. But if you don’t have any health conditions that require medical nutrition therapy, a nutrition coach might be a more affordable option.”

Perhaps, but dietitians are totally useless as they have to follow the inverted pseudo-science they’ve been brainwashed with. Still, the cost should be a reflection of the experience and success amassed by said coach, but still affordable. It’s no easy task. My programs and

guides take at least 8 hours to put together over the span of a few days. If I were to go with a few hundred dollars an hour, my programs would cost several thousand dollars, but they do not, as I want to help as many people as possible, while still making a living.

Can nutrition coaches give meal plans?

“Even though a nutrition coach can offer nutrition education and advice, they’re not typically able to prescribe meal plans to clients.”

Actually, as a ‘nutritional coach’ you should. Meal plans are key to develop a basic daily structure/routine and sound eating habits. Although, it’s not difficult to do this on your own when you focus on having two or three meals a day, while following the simple rule of not eating too close to your bedtime. Still, I give several examples of how to structure your day based on your work situation and lifestyle, and that meal plan is backed-up with about 30 or so meals/recipes. These meals are a blend of the best possible combinations for getting all essential nutrients and the right fat and protein ratio, and slightly tailored to the clients desired food items. Meal plans and recipes are simply a beginners’ crutch, a way to learn by doing and repeating, and as time goes on, it becomes natural and you know exactly what to eat and how to easily tweak your routines whatever might happen.

“For example, a nutrition coach can teach you about different aspects of meal planning, like food groups, preparation tips, portion sizes, and more. And if you’re looking for recipe ideas that you can incorporate into your weekly meal plans, a nutrition coach can also share those, as well.”

Food groups are total nonsense. Humans are obligate hyper carnivores. We should only consume the flesh and fat of animals and animal produce. Anything else will only contribute to toxicity and disease.

And as for preparation and portion sizes, all that is part of the meal plans. I even have a e-booklet on meal preparation and cooking that every single client receives along with their nutritional guide.

What is the difference between a nutrition coach, a nutritionist, and a dietitian?

“Nutrition coach: *This is someone with general nutrition and health knowledge who supports clients who are looking to make life changes. Since there are no licensing requirements for nutrition coaches, they may or may not have formal nutrition education and training.*”

“Nutritionist: *“Nutritionist” is a term that’s often used to describe a wide range of nutrition professionals with varying levels of nutrition education and training. Regulations for who can call themselves a nutritionist, and what they can do, vary from state to state and country to country.*”

“Dietitian: *A dietitian is someone who has formal nutrition education — typically a master’s degree or higher — and has completed an internship and passed a board exam. Dietitians who have completed these requirements may call themselves a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN).*”

Yes, and this is why nutritionists and dietitians are completely useless and will only do harm, as they follow a bastardized, indoctrinated pseudo-science of complete disinformation. If you fell into that trap and are a nutritionist or dietitian, you need to throw that title and registration in the bin, then unlearn and relearn and come back as a natural human species-appropriate nutrition coach.

And as for nutrition coaches, they can be either a hit or miss, as they follow their own preference regarding “nutrition.” There are many nutrition coaches that have adopted our species-appropriate, species-specific natural human way of nutrition, and there are nutrition coaches that are into the ketogenic diet with a base on animal products. These coaches will actually help and improve the life of their clients, while the rest will not.

Still, most people out there do not have the slightest clue about proper human nutrition, so they will likely end up with a nutrition coach that are trapped in the same dogmatic nutrition ideology as the indoctrinated nutritionists and dietitians.

And that is why we who understand and have witness the extreme transformations and power of eating according to our physiology need to keep writing and talking about it. Educating as many as possible, and also educate our clients so they in turn can educate others.

If you’re interested or if you need help to get started with our species-appropriate way of eating, [you can read more about my services here.](#)

| [Online-Coaching and Education – Animal-Based Nutrition](#)

Online-Coaching And Education – Animal-Based Nutrition

JB bartoll.se/2023/02/online-coaching-2023

February 8, 2023



I've coached actively since the early 90's until my run-in with tumors and organ failure in late 2017. I reversed and healed my illness in record-time during early 2018 by utilizing animal-based nutrition and strategic electrolyte-water and dry-fasting. Since then I've been recovering from mental fatigue and oversensitivity to external sensory stimulus, of which writing for this website and [my community Ungovernable](#) has been a big part of my recovery – going from two 45-minute sessions a week in 2019 to 4 to 6 hours a day as of now. As the next step I'm now opening up my coaching and consulting services again with limited spots to feel out the terrain and with the hope of expanding within the near future.

For more on my background and history, follow this link:

[My Journey and Why I Do What I Do](#)

For now, I will limit my available coaching and educational options to 'fat loss' and to adapting and living with our species-appropriate, species-specific diet of animal-based foods (carnivore diet.)

Please note that these are not mere "programs" or "diet plans," these programs are full-fledged personalized and educational guides teaching you everything you need for your situation and lifestyle spanning up to 35 pages.

Of course, my consulting services are also available for those who are more advanced and/or are working as personal trainers or coaches themselves and need input on specific topics.

Read more below and apply if interested.

|| [Online-Coaching and Education – Animal-Based Nutrition](#)

Review: 15 Health Supplements Men Allegedly Need

JB bartoll.se/2023/02/15-unhealthy-supplements

February 7, 2023

If you're new to me and my website, I worked daily in the Fitness-, Bodybuilding-, Gym-, and Competitive Sports industry for almost 22-years with nutrition, supplementation, and training — and was involved in it for a total of more than 26 years. Most of that time, I too was trapped in the pseudo-science of “nutrition science” and was fooled by the synthetic toxic crap of the pharmaceutical and supplement industry. My outlook and understanding took a sharp turn as I became severely ill in late 2017 with several tumors, liver and kidney damage and my thyroid shutting down. In a last effort I turned it around in a matter of a few weeks by adopting our natural species appropriate diet of the raw flesh and fat of animals and by following up with regular water-fasting combined with days of dry fasting. You can read more about that here:

[My Journey – Why I do what I do...](#)

<https://bartoll.se/2021/03/my-journey-and-battle-with-death/>

This review is based on an improved article based on an earlier article from 2021 by some dimwit. The improved article in question is from our, now well-known, TC Luoma, the co-founder of T-Nation. In short, the original article was called “15 Supplements Every Man Needs, Say Doctors,” and the T-Nation edition added a “8 They Can Skip” to their version. And yes, that is a big leap forward, but is it enough?

The 15 supplements listed:

- A Multivitamin
- Vitamin D
- Vitamin B12
- Fiber
- Magnesium
- Calcium
- CoQ10
- Fish Oil
- Probiotics
- Zinc
- Iodine
- Plant Protein
- Vitamin C
- Vitamin B1

- Collagen

Well, I see mostly fake toxic crap in that list. Let's see what TC says, and I'll chime in along the way.

A Multivitamin

TC says 'screw that,' and cites some studies that shown no evidence of these pills reducing all-cause mortality, cardiovascular disease, or cancer. Then he goes on and explains that multivitamins are formulated on a one-size-fits-all philosophy, and how much we each need varies considerably. And finally he mentions interactions between various ingredients and how they may block or cancel each other out, especially if you take them with food.

This is all good and true, very much what I said for 20 years until I dug deeper in 2018 and asked myself the critical question, "how do they manufacture these vitamins, and more importantly, how did they initially isolate, identify and name them?" And in here lies the real problem. It's all pseudo-science of the worst kind, very much like how they made up virology or how a cell look like and functions. I've explained this many time in the past, and in short, and very simplified, this is the process.

Someone discovers that a certain food improved a condition, like when sailors got scurvy and they consumed oranges or lemons and got better. The premise is then that something in this foodstuff is necessary for human health, as a lack of it makes us sick, as in this case, by manifesting scurvy. This assumption in itself is faulty, as most symptoms are from healing and consuming something can disrupt that process, relieving you of the symptoms.

They then take a sample of this food, in this case some lemon juice, in which they believe they can find this compound. Then they proceed to a multitude of "isolation" processes to filter down the substance until only one compound remains and that compound is tested on animals to see if it gives the desired effect. This "isolation" process consist of adding toxins and poisons such as lead carbonate or acetate, ammonia, acetic acid, hydrochloric acid, butyl alcohol, ethyl alcohol, acetone, petroleum ether, and so on. As they are left with different substances depending on different approaches and different toxins, they test these on animals with the condition they try to improve. And once the animals seem to get better, they conclude that they have isolated the compound and that it is the same thing found in the original food. Then they gave it a name, in this case, ascorbic acid, or Vitamin C.

The problem with this is manifold. There is no control for any of the steps. There is no control for what the toxins and poisons did during the process, or what the remains of them will do to those taking this compound over time. Also, they only looked at one characteristic of the compound, in this case to improve scurvy. How can they say that this identified and totally

destroyed compound, through their toxic process, has the same characteristics as the original compound found in food, when they only looked at one single variable, one single effect? And what about synergy with other compounds in that food?

This is how all so-called vitamins has been “identified.” So, what we have are some chemical compounds that seemed to “improve” some condition. Then they call these compounds “vitamins,” but they are only bleak copies with a very small resemblance to something found in the original food. All it is, is a separate small part that remains of the original substance that has been distorted and thrashed trough their process. And worse, then they photograph that atrocity, and give it a chemical formula, so they can recreate it from other stuff and end up with something that look pretty much identical, and then that too is used as that compound.

And more importantly, just because you get relieved of the symptoms from scurvy, by taking that compound called ascorbic acid, does not mean that it actually improved the condition. The effect observed cannot be used to prove the cause or that the compounds are the same. They might just as well have created a compound through their toxic process that simply block the symptoms of the underlaying problem, the same way all medicines and drugs work. And keep in mind that these vitamins, or the base compounds used in these supplements, are all manufactured in a few highly controlled and ‘medically licensed’ factories owned by Big Pharma and then sold in bulk to factories that actually manufactures the supplements in question.

Remember, most symptoms are from the body healing, from repairing and making adaptations. Taking something will not help with this, it will only shut down the process, fooling you into believing that you got better.

I covered this in depth here:

[More on Disease and Healing – And Why Most Medicines and “Natural” Remedies are Worthless](#)

And since these chemical substances they think are vitamins are based on samples from plants, they are inherently toxic to humans and nothing like the nutrients you find in our cells or in any animal’s cells. So, there is only one conclusion, all man-made chemical vitamins are toxic crap that might not even be what they pretend to be.

Do not ever take any kind of vitamins in supplement form. Consume real food! Nature’s “multivitamin” is liver, or any organ meat, or even egg yolks or fish eggs.

Vitamin D

TC say yes. And let me stop him right there. As in the vitamins discussed above, vitamin D in supplement form is a total fraud, a hoax. What they call Vitamin D is actually the body's response and indicator that you have been exposed to the sun. It's simply a proxy marker for sun exposure, and nothing more.

If you take a "Vitamin D" or "D3" supplement, all you get is elevated levels of a marker in your blood, totally void of any known functionality or benefit. But it will fool your body into believing that you have been in the sun. This might upregulate some hormones making you feel a little better at first. But again, we ignore synergy and the body as a whole, as we did not get any sun exposure and no reaction from the skin, which is known to have more than 30 positive reactions on our body. In other words, by taking this abomination of a supplement, we might really mess with our body's physiology and do great harm over time. I covered Vitamin D in this article from 2021:

| [Vitamin D will not cure the imaginary CONvid-19](#)

Vitamin B12

TC says 'don't bother,' and goes on to explain that it's stored in the liver, and you could go on years without it. Yes, there it is again, liver, the nature's awesome multivitamin. See a pattern yet? Eat real food!

Then he adds that this may not be the case for retarded vegans or vegetarians; people without any discernment of what is natural or our species-specific food.

Well, spot on. And let me add, vitamin B12 is the same crap as discussed in multivitamins. Never ever take vitamin supplements.

Fiber

TC goes on and say that there are different kinds and that psyllium lowers cholesterol (a really bad thing!), reduce absorption of "calories" (that means nutrients, a really bad thing!.) and providing a feeling of satiety to curb appetite. No, that's also bad. You only get hungry or get cravings when your body need real nutrients, when you are getting malnourished, as in developing nutrition deficiencies. What you need is to consume animal-based foods and you will never be hungry. And as for fiber, it's contraindicated in the human diet, it's actually extremely bad for us. Read more here:

| [Fiber is NOT needed in the human diet](#)

Calcium

TC says to go easy because it can accumulate on the linings of your arteries. Well, that is what might happen if you consume calcium that is non-organic and not found in animal-based foods, like getting it from a toxic vile supplement.

Probiotics

TC says 'meh.' Good on you TC! He finally got my message that your gut biome is individual. It always adapt to the foods your are consuming. Trying to alter this by adding different strains of bacteria is futile. Your body knows best. And you only get a fucked-up microbiome from taking medicines, drugs, and consuming fiber, carbohydrates, or simply not following our species-appropriate, species-specific diet. I covered the microbiome here:

| [Microbiome and Gut Bacteria Made Simple](#)

Plant Protein

TC says, 'huh?' Yes, plant proteins are severely inferior to any protein source from the animal kingdom. Not only that, plants are extremely toxic to humans.

For more on proteins, and plant protein, check my article from 2016, it's still as relevant as ever:

| [The Vegetarian/Vegan Protein Problem: The Dangers of Soy Products such as Tofu](#)

Vitamin C

TC says 'nah,' and he also explains that it turns into a "pro-oxidant" when taken in too large amounts. Very true, and since it's an abomination as explained earlier in the multivitamin section, ascorbic acid is also toxic and we know it turns into oxalate, binding to calcium causing kidney stones and buildup in joints. Even "studies" shows this. [Study 1](#). [Study 2](#).

I covered the effects of "vitamin C" or 'ascorbic acid' back in 2020 here:

| [Scared? Taking vitamin C? Being a sheeple?](#)

Collagen

TC says 'sure,' but also make the point that there are 28 types of collagen, then he also mentions that it is the amino acid glycine that drives the cartilage production, so your better of taking glycine.

Well, this is true. But again, taking a chemically derived amino acid is not healthy. Simply consume some bone marrow, bone broth, or more sinew cuts of meat. Again, eat real food!

I've covered collagen production in this article from 2019:

| [More on Skin Care and the Misinformation About Vitamin C](#)

As for the other supplements on the initial list TC agrees. And I guess he has too, whether he knows the truth or not, as he's involved in their supplement company Biotest. I however stepped away from that fraudulent business long ago, and I do not agree. All of the listed supplements are chemically modified versions of something they identified and think is important.

Minerals are not as dangerous, if you get organically bound versions, but again, if you consume animal-based foods daily, there should not be any need to "supplement" your diet. If you think there is, then it is your diet that sucks! It's as simple as that.

If you need help with what to eat and what to focus on in different circumstances, then please join us at [our uncensored online community Ungovernable.se](http://Ungovernable.se) and ask away.



I will also open up my coaching services again this week for those who really want to learn and change their lives. More information will be posted shortly.

Simple Food Ranking for Humans

JB bartoll.se/2024/05/food-ranking-for-humans

May 8, 2024



While I do touch on nutrient density and toxicity of different 'edibles' in [my coaching nutrition guides](#), the 'ranking' of food is one of the most common questions I receive on social media and also in [my consulting sessions](#).

It's typical human programming to want a list and thus being able to "get away" with some bad choices as long as you stick with the good ones most of the time.

And sure, it can be beneficial when you begin your journey to adopt our species-appropriate, species-specific diet; when you are slowly transitioning and slowly healing your body. With that said, once you have transitioned and notice the extreme changes in your energy levels, your mental state and cognitive abilities, and when you notice that most nagging 'health issues' has disappeared, you should never want to compromise your food selections ever again. You should be fully aware of how it is and how it really feels to be human. You should never want to go back or even compromise that feeling.

Still, as many request this, I will do a simple breakdown. And yes, it's extremely logical if you stop for a minute and think about it.

As humans are obligate hyper carnivores, the most nutritious and least toxic foods will always be meat, organ meat, and animal fat. From there, anything that is not from an animal will be contraindicated and somewhat toxic, while also being mostly non-bioavailable for us as humans, as in we will not be able to extract any significant amounts of nutrients from it. And among these foods, the more unnatural and processed it is, the worse it is for us.

So, here's a simple list from best to worst, based on nutrient bioavailability, toxicity, and compatibility with our physiology.

Tier 1 to 5: superior human-specific foods

Tier 1:

Raw meat, animal fat, bone marrow, blood, organ meat, etcetera from any grass-fed ruminant animal such as cow, bull, oxen, sheep, goat, deer, etc. Also, pasture raised eggs, or any eggs from wild birds, especially the yolks.

Tier 2:

Raw meat, animal fat, blood, and organ meat from any other healthy animal, especially game/wild life. Also, wild-caught fatty fish and fish roe.

Tier 3:

Lightly cooked meat, animal fat, and organ meat from any ruminant animal.

Tier 4:

Lightly cooked meat, animal fat, and organ meat from any other healthy animal.

Tier 5:

Raw milk from sheep, goat, or cow. Natural butter and other minimally processed dairy such as kefir or yoghurt.

Also, any meat, fat or organ meat from non-grass-fed animals — and meat that been unnecessarily thoroughly cooked.

Tier 6 to 7: emergency foods, toxic in various degree, very little nutrition, but naturally available

Tier 6:

Wild seasonal edibles found naturally in nature, such as a few berries, fruit, mushrooms.

Tier 7:

Other fruits found untouched in nature (very rare) and some citrus fruits such as lime, orange, and kabosu.

Tier 8 to 12: vegetables, fruits, and other plants (all are man-made and genetically modified)

Tier 8:

Water and mineral-based vegetables such as cucumber, squash, lettuce, bok choy, and radishes. Can be used for hydration. Only moderately toxic but no real nutritional value.

Tier 9:

Fermented plants and vegetables. Somewhat less toxins, some beneficial bacteria. Also processed dairy.

Tier 10:

Other vegetables including rice and tubers. Very high in defense chemicals, antinutrients, and some heavy metals, also pesticides. Also natural unprocessed honey.

Tier 11:

All other man-made fruits (and berries) such as apples, pears, bananas, blueberries, etc. Very high in sugars and deuterium, and covered in pesticides.

Tier 12:

Legumes, seeds, nuts, or anything that is the seed or fruit of the plant, the way they reproduce. These are extremely toxic with the highest concentration of antinutrients and defense chemicals.

Also, any kind of herb or leaves, such as pine needles or dandelion that some gullible people use for tea or beverages.

Tier 13 to 17: Processed foods

Tier 13:

Minimally processed foods, such as homemade bread and homemade food items using minimally processed ingredients.

Tier 14:

Processed foods that are somewhat low in carbohydrates and seed oils.

Tier 15:

Processed and refined ingredients on their own, such as any kind of sugar or carbohydrate and especially any kind of seed/vegetable oil.

Tier 16:

Processed foods that are high in carbohydrates, but low in fat/oils.

Tier 17:

Processed foods that are high in both carbohydrates and seed oils, especially trans fats.

Again, this list is very simplified. Ideally, to feel and perform your best, and to maximize your lifespan, you should only consume food from Tier 1 and occasionally Tier 2. Still, you will do excellent with any within Tier 1 to 4 and the occasional items from Tier 5.

The real secret here is Tier 1 and 2. As long as you have some of your food raw from mainly Tier 1, you can actually have some food items from tier 5, 6, 7 and even 8, and still do better than the animal-based eaters sticking to only cooked food as in tier 3 or 4. In other words, the more you stick to tier 1 and 2, the better off you will be, and the more leeway you will have because of your superior health.

With that said, if you actually care about your health and wellbeing, you should never venture below Tier 7 or 8.

And when it comes to navigate all the different animal-based foods, as in quality and sources, I have detailed sheets available with [my nutrition guides](#).

Skinny Fat and the ABC of Body Composition for Women

JB bartoll.se/2023/11/skinny-fat-solution

November 18, 2023

Today we once again return to T-Nation and their 'Chief Content Officer' Chris Shugart and another breakdown of a study from 2020 on women and body composition. The study was focused on what they call "Normal-Weight Obesity," or simply 'NWO,' as in a funny pun on 'New World Order,' as we see these 'skinny fat' people everywhere nowadays.

Actually, Shugart explains it well in his funny introduction;

"Talk to the average out-of-date dietician and they'll tell you that women need between 40 and 50 grams of protein daily. Poke around the nutrition journals and you'll find that the average woman often gets even less than that. Today's average woman is, in fact, overweight or obese – two out of every three American females, according to the Office on Women's Health.

Many of those overweight women fall into a category called "normal weight obesity." We call it skinny fat. Technically, that's when a person has what's considered a normal body weight but a high percentage of body fat and hardly any muscle. The scale says, "You're fine," but the mirror says, "You're squishy." And science says you're in store for a host of future metabolic diseases."

Yes, 'Skinny Fat,' or 'Pommes Frites Body' as we've called it here in Sweden for the last 25 years or so, is simply someone within a 'normal' weight range who still is fat because he or she has an unnatural low amount of muscle mass due to dietary abuse (malnourished but overfed.)

Keep in mind that muscle mass has a density of about 1.06 g/ml, while fat has a density of about 0.9 g/ml. This means that if you have a cube of muscle tissue and a cube of fat tissue of the same volume, the muscle would weigh more. This is why you can transform your body from fat to fit and yet weight the exact same. The scale does not tell the whole story, but the mirror, body fat calipers, and measure tapes do.

As for the study, the group of "researchers" looked at the effect of, yes you guessed it, an increased protein intake and the effect on body composition.

The Study

Researchers recruited 47 sedentary, skinny-fat women between 30 and 60 and divided them into two groups:

Standard Protein Group: On average, these women consumed 69 grams of protein per day (0.5 grams/pound of body weight). The macronutrient composition in the SP diet group was approximately 15 % protein, 30 % fat and 55 % carbohydrate.

High Protein Group: On average, this group consumed 115 grams per day (46 more grams than the standard protein group, or 0.8 grams of protein per pound of body weight.) The meal macronutrient composition in the HP diet group was approximately 25 % protein, 30 % fat and 45 % carbohydrate.

Both groups were given “maintenance-calorie” meal plans according to the RMR based on the Harris–Benedict predictive formula to follow for 12 weeks. They were all told to keep doing what they always do when it came to exercise, which wasn’t much.

The Results

Both groups consumed a maintenance level of calories, just under 2000 per day. Here’s what happened after 12 weeks:

Standard Protein Group (68g per day): Gained 0.4 pounds of fat. Lost 0.6 pounds of muscle.

High Protein Group (115g per day): Lost 2 pounds of fat. Gained 2.8 pounds of muscle.

Yes, not surprising at all. Let’s see what Shugart brings up and I’ll comment on his observations.

Shugart: *“Even though they were eating maintenance calories, the “standard” protein group gained some fat and lost some muscle. Their body weights probably stayed the same, reminding us once again that the scale is largely bullshit. Body composition is what matters.”*

Yes, and this should tell you that the silly pseudo-science of ‘calories’ does not matter one bit. Calories is nothing more than a measurement of heat generated when burning a sample of a food, which is not how our bodies work. Our body only recognize nutrients and the energy found in said food and its nutrients are not ‘burned’ in a flame of fire within our bodies – instead the nutrients are used in chemical reactions and energy can be used or stored.

Also, this is an effect of both an increase in protein and, more importantly, and increase in nutrients as the only source for bioavailable nutrition is that of animal-based protein sources such as meat. The authors of the study claimed that *“the protein intake consisted of at least 50 % high biological value proteins in both groups.”* That means that the SP-group with 68g of protein got only 34g of bioavailable protein from animal-based sources such as meat while the HP-group with 115g of protein got about 58g of bioavailable protein from meat, that’s almost 60% more meat, and that was the key to the “success” for the HP-group in this study.

While protein does help with body composition, it only does so if the body is somewhat nourished and not in a severe starvation mode, as in lacking nutrients, as in being nutrient deficient. So, getting enough bioavailable nutrients from the only source, as in animal-products, is what really matters here.

Shugart: *“The standard protein group consumed more protein than the average female and more than some dumbass dieticians recommend for women. Their body comp still got worse.”*

Yes, and that tells us that following a diet low in protein and where only 50% of that protein is from bioavailable sources such as meat does not give you enough nutrients to support bodily functions, and that low intake was even lower than what they ate before the study, otherwise they would not have lost more muscle mass as they were already skinny fat. Again, the culprit here is nutrients, not protein per se. They did not get enough animal-based foods to get all the nutrients they needed.

Shugart: *“Extend this eating plan and the standard protein group, without even overeating, would gain almost 2 pounds of fat per year while atrophying about 2.5 pounds of muscle. In just five years, well, they’d be a sloppy mess, especially when you factor in the downgraded metabolism. This tells us that “maintenance-calorie eating” isn’t really maintenance, not without a higher protein intake and, ideally, resistance training.”*

Yes, “calories” and “maintenance calories” is complete bro-science bollocks. However, yet again, Shugart misses the ball as this is about nutrients. All essential nutrients that are found in meat goes hand-in-hand with protein. If your ‘diet’ (or ‘way of eating’) is centered around our natural human species-specific, species appropriate diet of animal-foods, you will get all the essential nutrients you need and also more than enough protein, as all animal-foods are very high in protein.

Shugart: *“The high protein group gained almost 3 pounds of muscle without lifting weights and lost 2 pounds of fat. (Imagine if they’d trained!) While calories are important, we need to drop the “calories in, calories out” and “a calorie is a calorie” mantras. Clearly, over time, there’s a little more to it than that, mainly the amount of protein that makes up those daily calories.”*

We need to drop everything “calories” as it’s pseudo-science. And again, it’s not so much the amount of protein that makes up that daily intake of food, it’s the amount of essential nutrients, especially animal fats, minerals and vitamins that are only found in meat, the “protein source.”

And the HP-group did not “gain” muscle mass, they ‘re-gained’ lost muscle mass as they finally got more nutrients and some extra protein. Their bodies finally had enough nutrients to start recovering and returning to their natural ‘set-point.’

Shugart: *“Both groups were eating roughly the same number of calories. The high protein group fit that extra protein in by replacing some carbs. However, their diet plans were not low-carb; they consumed about 200 grams daily. This is generally what happens when people adopt a high-protein diet: it’s more satiating, they’re not as hungry, and carby foods and snacks are unconsciously reduced.”*

Well, imagine what would happen if they replaced those toxic insulin-roller-coaster carbohydrates with a little bit of animal protein and a lot of animal fat. Now, that would not only boost their body composition, that would boost their health, wellbeing and longevity as well. Remember, how you look on the outside does not always reflect on how you look on the inside.

After those bullet points, where Shugart mostly missed the mark, he ended his article review with a few suggestions on how to use this information. And I bet you already know what he will say...

How to Use This Information (or not)

Shugart: *“A couple of the women in this study couldn’t complete it because they weren’t compliant with their supplied meal plans. I suspect they were in the high-protein group. Eating over 100 grams of protein daily is daunting to the average person.”*

Say what? This is clearly a biased view as he will try to sell you some totally worthless protein powder. You can get 100 grams of protein from 450 grams of beef (less than 16 ounces) or from 250 grams of beef (9 ounces) and 6 eggs. And that amount of beef and/or eggs will guarantee that you get all essential nutrients that you need, and also some extremely important animal fats.

Most of my female clients, and I’ve had more than 400 over the 30+ years I’ve coached, consume between 130 to 170 grams of protein a day solely from animal sources (depending on their activity score and goals.) And guess what, none of them has ever complained that it’s ‘daunting’ to consume nutritious and tasty animal-based foods.

Shugart: *“They were told not to use supplements, but a single daily protein shake would’ve fulfilled their needs. Two scoops of Metabolic Drive contain 42 grams of protein, almost exactly what the high protein group needed to add to their diets.”*

And there you go! Bam! The advertisement!

Well, Mr. Shugart, they were told not to use supplements for a reason. Obviously, these “researchers” at least had a tiny bit of understanding of nutrition, as in nutrients, whole food, and food synergy. A protein powder is simply an ultra-processed and filtered protein source, such as milk, only leaving the protein, some of the minerals and a few other co-factors

remaining in the end product. There is very little animal fat remaining, and what is left is damaged, same with vitamins. It cannot compare to whole foods such as meat, organ meats, eggs or even raw milk.

A protein powder might help with building muscle or protecting muscle during a stupid weight-loss diet as long as you do not have any severe nutrition deficiencies, but that is pretty much it.

Again, drop the focus on protein and focus on nutrients, on what humans actually are meant to consume. Humans are obligate hyper carnivores. We can only get essential nutrients in their bioavailable form from animal foods. So, make sure that your nutritional foundation is animal-based, and you'll be good. Drop all the other toxic crap, such as plant foods, and you'll be even better, you'll be thriving. And guess what? On an animal-based diet, as in carnivore, being 'skinny fat' is impossible. Your body will recover to its natural programmed state in record-time. And if you're into exercise, your body will recover and tolerate a lot more abuse once it's fully nourished. However, with that said, I do not recommend excessive exercise of any kind, and absolutely not competitive sports, as that amount of stress will reduce your lifespan and life quality.

And if you have specific questions about our natural diet or need help or coaching, I'm always available.

Online-Coaching and Consulting Services

Personalized Animal-Based and Fat Loss Coaching Guides



Stupid misconceptions about “Ketosis” and ‘Ketogenic Diets’

JB bartoll.se/2022/01/misconceptions-ketogenic-diet

January 18, 2022



Again, I see so much nonsense, especially from the dying vegtard cult, but even from people calling themselves nutritionists or “nutrition scientists” – which is hilarious since the “study of nutrition” for human beings is an ideology, not a science. Below are five points that I hear over and over again as soon as some total dimwit open his or her mouth.

1. Your body need glucose and thus being in ketosis is bad

Actually, your body is always in a state of ketosis since we produce ketones no matter the situation. Ketosis is thus a natural state. For those consuming a lot of unhealthy carbohydrates, the level of ketosis will be almost undetectable, while someone consuming only fat, protein and trace amounts of carbohydrates will be in detectable ketosis. Your body is not in one or the other, as in a digital switch between 1 and 0, it's always operating on a sliding scale.

And as for glucose, your body is fully capable of producing its own glucose at any time from fatty acids and amino acids. Carbohydrates is not required. That process is called glyconeogenesis.

2. The brain will use glucose or ketones for fuel

No, there is no switching between “fuel sources” ever. Your brain will always use both glucose and ketones as fuel at all times, no matter what your diet looks like.

It may rely on 99.99% glucose and 0.01% ketones in an unhealthy carb-junky, and up to 17.5 to 18% ketones in some of the most severe “deep ketosis” studies. But it will never rely on only one source of fuel, never.

3. Ketones are produced in ketosis as an alternative fuel

No. As established in point 1, every human being produces some amount of ketone bodies at all times, no matter your nutritional status. And thus, ketones are not an alternative fuel. Your body use both glucose and ketones as fuel, running parallel on a sliding scale, at all times.

4. Where is the evidence for detectable ketosis being our natural state or good for brain health?

You will not find such important information within the field of nutrition, since “nutrition science” is simply an ideology. Registered Dieticians and Nutritionists are nothing more than indoctrinated puppets of a deeply misanthropic and bastardized organization.

You will find real information on how the body actually works in comparative anatomy and physiology, in understanding human metabolic systems and pathways, and by looking at anthropology and the development of human beings.

Now, for ketones being good for your health and brain, you only need a tiny bit of logical thinking. Yes, I know, that is hard with all the propaganda and brainwashing going on in any “education” and around the clock in news and media. However, I’m sure you can manage. Let’s take fasting as an example. You know that your body is fully capable of producing its own glucose, in abundance in fact. As long as you have some fat and muscle tissue that can be broken down, there is tons of glucose ready to be made. Yet, during a fast you enter detectable ketosis and your body use a lot more ketones to fuel its metabolic processes and its brain. This simply means that our body operates at best in detectable ketosis where it produces the exact amount of glucose and ketone bodies it needs for all its processes. Very much like it does when you follow our natural species appropriate diet of consuming the fat,

flesh and produce of animals. If our body would prefer more glucose, as seen in blood-glucose levels of carb junkies, it would simply upregulate that process and produce more glucose and less ketones – yet, it does not!

The only reason ketosis is barely detectable in humans that gorge themselves with carbohydrates is because glucose is a potential poison, and blood glucose must be kept at an stable level or it will do a lot of harm. Thus, if you provide carbohydrates as a fuel, your body will have to prioritize manage it by using it as fuel or storing it as body fat or it would kill us.

5. The high-fat “ketogenic” diet was invented to treat children with epilepsy

A lot of self-claimed experts will point out that Dr. Wilder in 1921, since simple fasting could not be maintained by epileptic patients for a sufficiently long period, suggested that a high fat diet could improve seizures and he named this high fat diet the ketogenic diet (KD).

Yes, as a therapeutic diet for “medical” reasons, that name, “the ketogenic diet,” was coined in 1921. And it’s also too high in fat intake (90%.)

However, as a way of eating mostly fat and proteins from animals; that is something we as a species have done for millions of years. As far back as anthropology can determine, human beings have always been hyper carnivores, and thus by default, been following a high-fat, moderate protein, “ketogenic” diet since the beginning of time.

It’s not new. It’s not for specific reasons. It’s natural. It’s how we are meant to eat and thrive.

Additional reading:

| [Understanding Nutrition and Breaking Free from Ideology and Pseudoscience](#)

| [Carbohydrates are NOT our body’s preferred fuel](#)

The Charlatan Paul Saladino Want You to be Unhealthy and Ridden with Disease

JB bartoll.se/2023/09/saladino-carb-lies

September 27, 2023



Since I get questions about this crackpot Saladino all the time, I might as well do another article on him and the complete nonsense about “needing” carbohydrates. A few weeks ago, he made a video called “Why you need carbs in your diet,” so let us go through some of his opinions in that video and once again explain why this is a very bad and unhealthy idea.

Funny enough, he starts his video by saying, “Let’s actually start with why you would want carbohydrates.”

Well, what you ‘want’ and what you ‘need’ are two entirely different things, and this is either his subconscious correcting him by using the word ‘want’ instead of ‘need,’ or he is simply covering his ass, as he knows that he is about to lie straight to your face.

The first thing he mentions is ‘hormonal health,’ which is solely based on getting all the nutrients you need, especially saturated fats and cholesterol, but also minerals. It has absolutely nothing to do with ‘carbohydrates,’ as in sugar, as in excess glucose.

Then he claims that you get better sleep with carbohydrates, which is also complete nonsense. Sleep is mostly governed by how you prepare and wind down before bedtime and most importantly, when you have your last meal. If you eat late, and it is big meal, then yes, your sleep will be compromised. Unfortunately, a lot of beginner carnivores adopt a stupid 'intermittent fasting' protocol or OMAD (one meal a day) where they eat late in the day instead of early in the day as you should, so these people might very well experience decreased sleep quality by having one or two large meals in the afternoon and evening, as digestion is still taking place when they go to bed.

Also, a carnivorous meal will give you a lot of nutrients and energy, giving you a real boost, priming you for activity and using your mind to solve problems, as in surviving the day, and that is not ideal late in the day when sleep time approaches. Such meals should be consumed early in the day. It's simple logic.

Personally, with hundreds of clients (actually in the thousands since I started in the 90's,) I never had one single client who complained about his or her sleep getting worse, only the opposite.

He also mentions 'muscle cramps,' which is solely based on your electrolyte balance as in lack of either sodium, potassium, or magnesium. That can only happen if you change your diet too suddenly, without transitioning slowly (4 to 8 weeks,) or if you overcook your meat and do not add in extra sodium and potassium, or if you do something retarded as in consuming mostly lean meat and not getting enough fats, thus relying a lot more on glyconeogenesis for energy, which will overtax your kidneys and gall bladder in the long run. Again, this is not remedied with carbohydrates, although some few plants might give you some electrolytes and you might eat less protein, giving you a better fat ratio — it is fixed by approaching animal-based foods logically and not falling into some fad-diet version of the carnivore diet presented by money-hungry charlatans or controlled opposition.

Then he mentions insulin, and this is where his ignorance really reaches new unbelievable heights. Normally, when you consume our species-appropriate diet of only animal-based foods, your body will mostly run on fats and ketones, and the tissues that require the fast-acting glucose will get their needs filled in perfect balance through glyconeogenesis, the conversion of fats and protein into glucose. This is managed perfectly by the body and insulin, who help to shuttle the glucose into the appropriate cells, are kept at perfect healthy levels. Problems only arise when you add glucose from an external source, like in carbohydrates, as glucose is a potential toxin and elevated levels of glucose (blood sugar) is very damaging to all cellular tissues it comes in contact with. That is why insulin is spiked when you consume carbohydrates, to quickly try and dispose of that extra glucose by shuttling it into the liver- and muscle cells to avoid damage.

Now, such elevations of insulin on a daily basis will cause a lot of damage in the long run. As humans, although we can tolerate carbohydrates with the help of insulin, every time glucose levels get elevated, a little bit of damage is done. A healthy body might be able to keep up for

a while with repairs, but eventually it will lead to what “scientists” call diabetes, but more correctly cardiovascular deterioration, as in damaged blood vessels, arteries, and surrounding tissues (visually present in diabetics.)

With that said, another factor is actually vegetable/seed oils, as those are extremely damaging and in combination with carbohydrates, they will destroy your cardiovascular system and accelerate you towards diabetes and similar diseases.

Consuming a mixture of carbohydrates and fats/oils will cause a lot of problems, as they will compete for utilization, keeping blood glucose levels elevated for longer, causing more damage (read about the Randle Cycle.)

Also, insulin will help with storing amino acids, as in the building blocks of protein and muscle tissue, and that is why protein also triggers a small increase in insulin levels. That is the true anabolic- and anti-catabolic response. However, consuming protein with fats will only increase insulin slightly, to the levels needed to support cellular repair with help of shuttling amino acids. That is a healthy and natural response. Increasing insulin manyfold from carbohydrates (glucose,) as in preventing us from dying of toxicity, is not a healthy response. Again, quite logical and easy to understand.

Saladino also mentions that you need some insulin for signaling the kidneys for the preservation, as in reabsorption, of electrolytes. Yes, and that has nothing to do with severely increased insulin levels as a survival response from consuming toxic carbohydrates. That is perfectly managed by consuming some protein, preferable in two or at most three meals during the day. That increase in insulin from meals giving you at least 1.75 grams of protein per kilogram of bodyweight a day (0.8 grams per pound,) is all that is needed. That is the minimum requirement, and most eat a lot more than that. And reaching that minimum requirement on animal-based diet is quite simple. That is only 122 grams of protein a day for someone weighing 70 kg (154 lbs.) That is how we as humans are constructed. Those with insulin resistance from previous dietary abuse might need either a longer transition phase, or a slightly higher protein intake until healed. That’s it. Again, logical and simple.

Then he mentions the old Nazi quack Walter Kempner who made diabetic and obese people lose weight by feeding them only rice and fruit. And yes, you can lose body weight by any kind of starvation protocol while eating whatever crap you like, but that has absolutely nothing to do with health and what is happening inside our bodies. By not consuming any fats, your body will try to keep up its need for fats for a while by using its own fat stores, as seen in any kind of fasting. However, doing that for too long will destroy your hormones, deplete you of stored nutrients, and possibly inflict irreversible damage, especially with a diet as retarded as the Nazi Kempner diet. Simply the fact that Saladino mentions this quack shows how ignorant and/or stupid/desperate he is.

And at the end of all that nonsense, he actually says that, “we should not fear these blood glucose spikes,” which is an extremely dangerous and ignorant thing to say, as it’s been proven, over and over again, that glucose levels over the normal range, as what happen when you consume carbohydrates, causes tissue damage. And as for fructose, which he recommends (honey and fruits,) it actually causes 7 to 11 times more tissue damage than glucose. What an idiot!

And that damage is very visual as seen in vegans, fruitarians, and even in Saladino himself who seems to have aged 15 years or so in only the last 2 to 3 years.

Towards the end he also makes excuses for himself claiming that he surfs and skates for hours every day and that is why he can allegedly eat as much carbohydrates as he claims he does – hinting to the fact that most people should probably not consume as much, and that it’s based on activity levels. Still, that does not change the fact that every time you spike your blood sugar by consuming carbohydrates you cause cellular damage.

At this point, I’m already tired by his extreme lack of understanding, and him only voicing his opinions and not a single fact. Not one thing he has mentioned has been physiologically explained and backed up. However, I think I covered some of the most important points I usually get questions about, so I will end it here, or the article would be way too long for most people to read. Also, check the related articles below for much more information and deeper explanations, as I’ve written tons about all this throughout the years, spread over many, many articles.

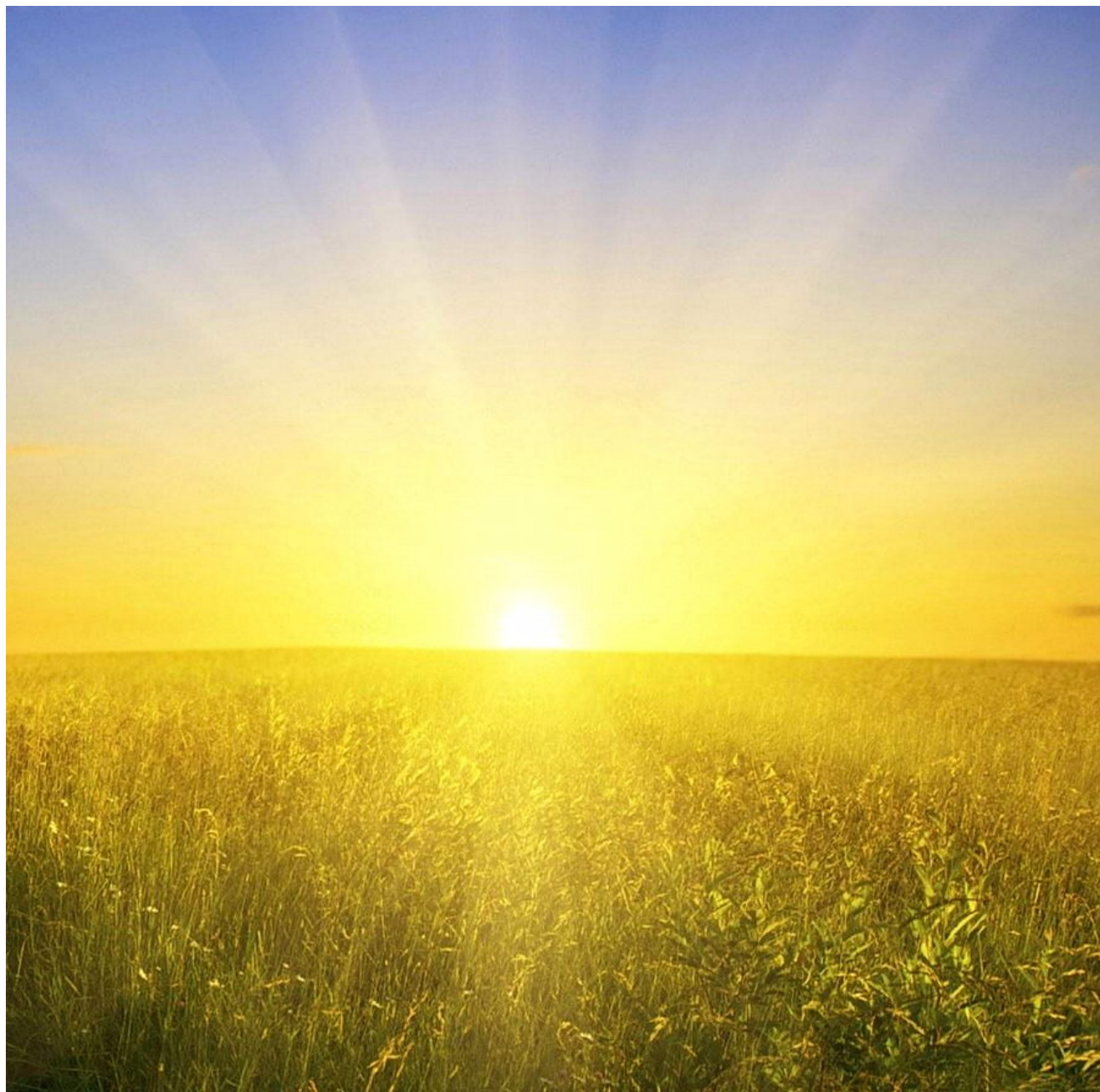
So, why has Paul Saladino sold out and started lying? It’s really simple. He tells gullible and weak-minded people exactly what they want to hear. He wants to sell them an easy “middle road,” something that is easy to adopt, as most unhealthy people are sugar junkies. In short, his message is, “keep eating your toxic carbohydrates, just add in some more animal-products.”

He wants to sell his courses, books, and consultations to as many people as possible, he wants to monetize his videos and reach as many people as he can, and that is not possible if you tell them the harsh truth. It’s all about the money. Also, he might very well be a paid gatekeeper, trying to bring in as many ‘carnivores’ as possible, and keep them from getting truly healthy; to keep them within the system and eventually in need of medical care.

The Importance of Sun Exposure and the Extreme Dangers of Sunscreen and Sunglasses

JB bartoll.se/2023/08/sun-exposure

August 13, 2023



Due to the terrible dark, rainy, and cold summer here in northern Europe (actually worse than last year, and the year before,) and by request from clients and followers, it's about time to once again tackle the disinformation about sun exposure. I've covered the importance of sun exposure in several other articles, especially those concerning the supplement scam of

vitamin D; which simply is an indicator/marker in our blood of sun exposure and has absolutely nothing to do with the benefits of it. You cannot 'supplement' the effects of sun exposure.

With that being said, there are some easily remedied concerns about extended sun exposure, which is the reason our ancestors invented sun umbrellas, used olive oil and/or zinc on their skin, paste made from rice or water weed, or simply covered themselves in mud. Since some people got their exposed skin 'burnt' after prolonged exposure, the invention of sunscreens, or sun block, in 1932 made it into a profitable commercial lie that exploded in the late 70's with 'water-resistant' sunscreens fueled by lies about skin ageing and skin cancer. Of course, all commercially available sunscreens are a chemical 'shitstorm' of toxicity, and should never be used by anyone.

When I was younger, I always got sunburnt and shed layers of skin for days on end. However, after early 2018, when I completely switched to our natural homo sapiens species appropriate, species-specific diet and recovered from cancer and severe organ damage, I have not got sunburnt one single time, not even slightly red after a whole day hiking shirtless with my dogs during the first sunny and warm days of the year. Also, I no longer get that dark, almost dirty-looking tan. No matter the amount of sun exposure, I only get a light and very even natural looking tan. I even get a slight tan on parts of the body that are covered with clothing, as my whole body adapts to the exposure (and this is especially due to getting enough sunlight into the eyes, as we will get to later.)

Actually, this is one of many benefits people talk about after switching to an animal-based diet – they no longer feel or get any discomfort or redness from spending hours in strong sunlight. And this is logical, because being 'sensitive' to the sun is not something "genetic" (there is no such thing,) it's simply an effect of nutrition deficiencies. If your diet is lacking in meat and animal fats, you will not have enough nutrients for the skin and your endocrine (hormonal) system to work properly. Your skin will not be able to adapt to sun exposure and heal. The effect of this is local inflammation due to healing and rapid ageing of the skin, as in wrinkles and discoloring. The more malnourished you are, the more sensitive you will be.

As for skin cancer, that is not caused by sun exposure. That is a clever lie by the fraudulent medical community and big pharma. If it were, you would not get small random spots of it, and especially not on skin that has not been as much exposed to the sun as other places on your body. If skin cancer came from sun exposure, you would get it all over your body covering all exposed areas, especially on your head and hands. If you're interested to know more, check out German New Medicine.

So, if you actually follow a sensible way of eating with a lot of animal-based foods, you will never have to fear long exposure to the sun, and since you'll be fully nourished, you will also be able to better reap all the benefits of sun exposure, as your body will be fully functional.

Now, those who do not know our history might be bleating, “but why did our ancestors protect themselves from the sun?” Well, the sun umbrella appeared for the first time in Egypt about 3500 years ago, and it became more prevalent in ancient Greece and the Roman Empire about 2600 years ago, yes, about the time when the diet for the common folk, the pleb, changed to a more plant-based variant with wheat and other crops. In other words, as people slowly became malnourished, the need for protection against the elements became a greater concern.

As for the benefits of sun exposure, there are more than thirty recorded benefits in the literature, and the most important ones concerns our circadian rhythm by regulating the levels of serotonin and melatonin, and hormone production, such as testosterone. All these effects come together and will help with improving sleep, your mood and well-being (effective against depression,) aid in relaxation and relieve pain, help in wound healing, increase alertness and energy levels, and ultimately extend life expectancy.

If you are fully nourished, especially from vitamin A (retinol,) only found in animal-based foods, sun exposure will actually heal your skin and reduce wrinkles and other blemishes. This is why those who adopt the ‘carnivore diet,’ or a ketogenic diet high in meat and animal fats, seem to first get younger and then age much more slowly.

And with that being said, as I mentioned earlier, getting sun exposure onto your eyes is even more important. Failing to do so can really screw you up.

The eyes contain photosensitive cells in its retina that communicate with the pituitary gland in the brain. Stimulation of these cells comes from sunlight and is required to communicate with the other photoreceptors and photosensitive cells that are present in the whole body. If you have been deceived into wearing sunglasses that block parts of the wavelengths of sunlight, that communication does not occur, and your skin will not be able to handle sun exposure as well as it should, since it does not know that you actually are in the sun. No protective oils or hormones will be produced, you will be in the sun getting exposure, but your body will think it’s in the middle of the night.

Now, this does not mean that you should look directly at the sun (sungazing is another topic and should only be practiced early in the morning as the sun rises.) Simply get some sun on your face and even when standing in a shadow, the sun beams will reach your eyes, although with less intensity. It’s the use of sunglasses that block certain wavelengths that is the problem.

So, tanning or being in the sun while shielding your eyes with sunglasses or covering them will not bring many benefits of sun exposure, just the opposite. If you lie on your back tanning, simply close your eyes as that will still bring some stimulation, but do not wear sunglasses! Sun stimulation and its benefits is directly tied to the proper functioning of the endocrine system, and that is tied to the communication that can only occur when sunlight enters the eyes and the skin of the body at the same time. Also, sun exposure to the eyes is important for eye health as well.

So, as you can see, keeping people from the sun (while simultaneously promoting a hazardous diet mostly based on plants) is a profitable scam covered in lies to keep the masses weak, easily manipulated, fatigued, depressed, and dependent on medical care as they will eventually get sick.

To be optimally healthy, you need about 15 minutes of full-body (as in naked) sun exposure a day when the sun is at its peak. If clothed, you need an hour or more to your face and hands and/or lower legs/feet. And that is every day, year-round. In today's society, with all the aerosol sun-covering injections, the manufactured bad cloudy weather, and for those living in the northern parts of the world with cold winters, following our species-appropriate way-of-eating become even more important, and we need to do our best to get sun exposure whenever we can. If the sun is out, do not dwell indoors, take a break and go outside and make sure to get sunlight on your face.

Understanding Nutrition and Breaking Free from Ideology and Pseudoscience

JB bartoll.se/2021/10/nutrition-made-simple

October 20, 2021



It's time for a friendly reminder. As I've repeatedly said since 2018, there is no such thing as "Nutrition Science," there is only Nutrition Ideology. Any kind of "education" is based on agendas, food industry interests, and simply lining pockets with money. I should know, I wasted 25 years on nutritional studies, including sport nutrition and medical studies. Registered Dietitians and Nutritionists are nothing more than indoctrinated puppets of a deeply misanthropic and bastardized organization. Although I understood the dangers of veganism and helped countless of ex-vegans regain their health with adopting animal foods, I did not see the whole picture, nor understand human specific nutrition until I faced death in early 2018 and adopted the species appropriate human diet as a last resort. A diet that healed me in record time.

If you want to understand human nutrition, what is important to understand and look at is comparative anatomy, comparative physiology, metabolic pathways, and anthropology. Those are the four pillars that will give us answers to what human beings should and should not consume in their diets. And if you look at these four pillars of understanding nutrition, you will find unequivocal indication that all plant foods are contraindicated in the human diet. Looking from a physiological standpoint, we are capable of consuming a small amount of wild berries, for approximately two to three weeks a year, prior to the winter. That's it.

Plants are not food for human beings, they are contraindicated toxic substances that do not contribute to our health, wellbeing, and longevity. If you want to have a deeper understanding of this, you only need to look at basic biology and biochemistry. Not even herbivores (there is no such thing) live on plants alone. All so-called "herbivores" will eat insects, bugs, and any small animal given the chance in order to get the nutrition it needs. Anyone telling you different has never sat a foot in nature and looked at animal behavior.

The most appropriate food for humans is the nutrient rich flesh and fat of ruminant animals, with the occasional lesser nutrient-dense small animal here and there. Humans and animals are made up of flesh, blood, bones and organs, and these parts require the same nutrients to function. All those nutrients we need in order to live and thrive are stored in organs and any kind of tissue on a cellular level. This is true for any animal; so, their flesh, organs, bones, blood, and anything produced by them such as eggs or milk contain all the bioavailable nutrients that we humans need and are made up of ourselves, and that can be directly absorbed and utilized by us without any kind of costly enzymatic conversion. The animal has already done all the job for us by converting whatever it has consumed into bioavailable nutrients that are fully available within them.

If you need to rely on any kind of nutrition logging software or calculations to assure you that your nutritional intake is adequate shows that you are unable to engage with objective reality, to think critically for yourself, to read the situation that is in front of you, and act accordingly. It's mindless and nonsensical in the extreme. For start, what agenda-driven "authorities" say you need on a daily basis are not based on any experimental science whatsoever. Not one of the "RDI's" are based in science, they are simple speculations from a board filled with people with different agendas and ties to the food industry and big pharma. Not to mention that any kind of nutrients found in a lab test-tube and printed on a nutritional label for a plant food has nothing to do what is bioavailable and can actually be absorbed and used in a human body. I've written at length about antinutrients, defense chemicals, bioconversion, and bioavailability. Follow the links to learn more.

Humans are carnivores. We have the ability to tolerate some plant foods for short periods of time. But simply surviving on a typical "balanced diet" is a far cry from thriving. Unless you truly follow our species appropriate animal-based diet, you do not know what it is to thriving, to be fully living.

